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Longtime Recreation Director Barry Welch Retires - Page 15

Quincy High School Awarded \$140,000 State Grant - Page 3

First-Timer Wins Houghs Neck Chili Cook-Off - Page 22



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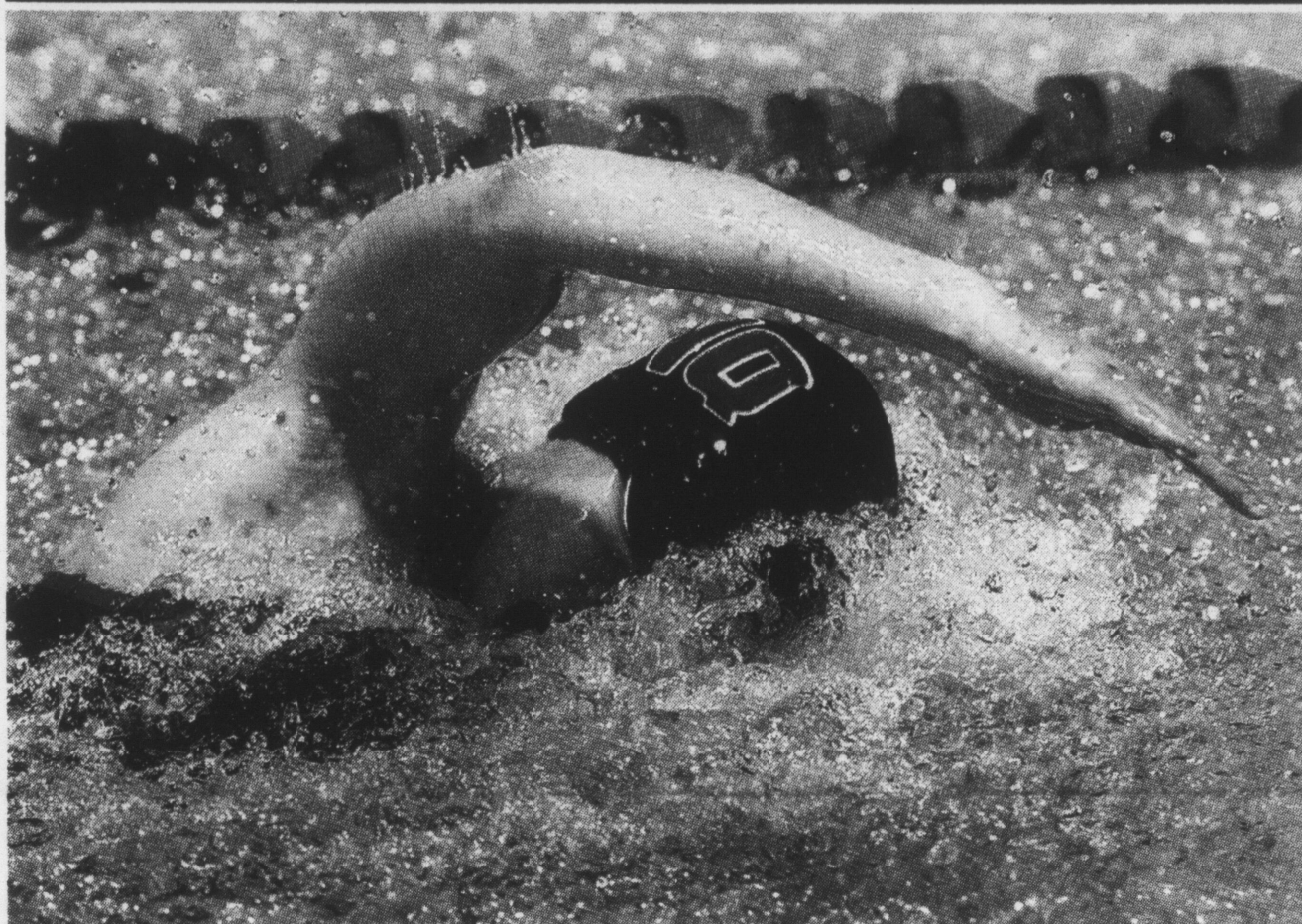


Historic Quincy's Hometown Weekly Newspaper Since 1968

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Thursday, February 7, 2019

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NORTH QUINCY SENIOR captain Juliana Chieng took first place in the 50m freestyle event with a time of 26.47 at a recent swim meet against Scituate High School at the Lincoln-Hancock School Pool. Chieng holds the school record of 24.95 set for NQHS on Dec. 14, 2017 in her junior year season. She will compete in the South Sectionals at MIT on Saturday and has also qualified for the Div. 1 state meet Feb. 16 at Boston University.

Quincy Sun Photos/Robert Bosworth



COMPETING FOR THE Quincy-North Quincy boys swim team against Scituate included Quincy freshman Derek Tran who finished in fourth place in the 200 freestyle with a time of 2:39.41. More swim meet coverage on Page 18.

David Murphy To Lead New Department

By SCOTT JACKSON

David Murphy, the former town manager in Randolph, has been named Quincy's first commissioner of natural resources after the City Council approved merging the Park and Recreation Departments.

City councillors ap-

proved Mayor Thomas Koch's proposal to merge the Park and Recreation Departments into a new Department of Natural Resources on Monday night in a pair of 8-1 votes. Chris Walker, Koch's chief of staff, confirmed Murphy

Cont'd On Page 2

City To Take Messina Lot

By SCOTT JACKSON

City councillors on Monday night approved Mayor Thomas Koch's proposal to take a 1.1-acre lot in Quincy Center by eminent domain and pay its owner \$6.8 million for the land.

The council approved taking the land at 1565 Hancock St., commonly known as the Messina Lot, from

Braintree-based FX Messina Enterprises in an 8-1 vote. In a separate 8-1 vote, the council awarded the company \$6.8 million for the land, based on appraisal done for the lot. Councilor Anne Mahoney voted against both measures.

The city has been using the Messina Lot as a park-

Cont'd On Page 3

Over \$230,000 Raised For Family Of Fight Victim

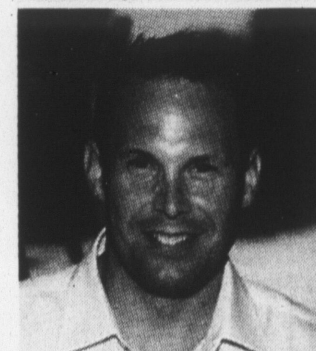
Outpouring Of Support For Christopher McCallum

By ROBERT BOSWORTH

More than \$230,000 has been raised to benefit the family of a former Quincy man who was fatally injured trying to break up a fight outside the Nickerson American Legion Post the early morning of Jan. 27.

The outpouring of support for the tragic loss of Christopher W. McCallum, 44, of Bridgewater, a beloved husband and father of three boys, was also evident as hundreds came together for his wake Monday and

Obituary Page 25



CHRISTOPHER McCALLUM

funeral Mass Tuesday.

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Quincy Lunar New Year Festival Sunday - Page 5
Health Benefits Of Dark Chocolate - Page 9
Children's Activities, Events At Library - Page 12

More Quincy news:
The Quincy Sun.com

David Murphy To Lead New Dept.

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would be appointed to lead the new department shortly after the council's votes, ending months of speculation over who would be chosen for the \$150,000 a year post.

Murphy was set to begin his new job on Wednesday, Walker said.

Murphy had served as the town manager in Randolph before resigning late last year. He had formerly worked for the Quincy Park Department as a program manager while Koch was the department's director. Murphy then moved to City Hall as the director of operations under then Mayor William Phelan. Koch unseated Phelan in the 2007 municipal election, and Murphy began his job in Randolph the following year.

Murphy has also served in recent years as the president of the non-profit Quincy Parks Conservancy. Walker said he would likely leave that position follow-

ing his appointment as commissioner.

The Park Department had been without a director since Koch reassigned its most recent director, Don Martin, back to his previous position as a project manager for the Public Buildings Department last fall.

Walker told city councilors the new department head would be responsible for assessing the department in the coming months while also overseeing its day-to-day operations.

"A key component of this restructuring is the appointment of a commissioner of natural resources. That is step one...getting someone in to get their feet on the ground, get in there immediately and determine what the immediate next steps are," he said.

Also on Monday, Walker said Michelle Hanly would be appointed the city's new recreation director; she will report to Murphy in her new position. Hanly had served as the program manager un-

der longtime recreation director Barry Welch, who retired on Feb. 1 after leading the department since 1982.

Welch praised Hanly for the work she has done during her time inside the department.

"I have been fortunate to be surrounded throughout the 36 years by extremely talented staff, and none more so than Michelle Hanly, who has been the only other full-time professional in the department for the last 13 or 14 years," he said in a recent interview. "Much of our success is owed to the hard work that she does, which you will find out now."

"I think it's a phenomenal choice," Welch added.

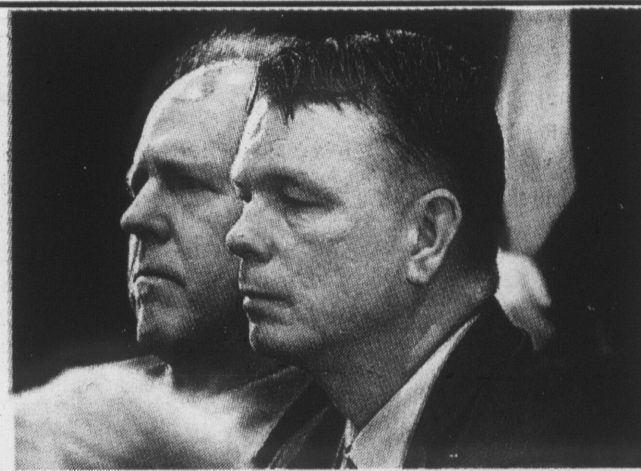
Councillors on Monday took two votes relative to creating the new department.

The first merged the Park and Recreation Departments into the new Department of Natural Resources. The new department includes five divisions — parks, cemetery, and forestry, which were

previously overseen by the Park Department, recreation, and a new conservation division.

The second made adjustments to salaries for personnel in the new department to fund the commissioner's \$150,000 a year salary. The position of executive director of parks, forestry and cemeteries and its \$108,000 salary was eliminated, and the director of recreation's salary reduced from \$102,000 to \$90,000. Each department also had its own program manager with a \$77,000 salary; the new department will have single program manager making \$90,000. Those changes will trim \$34,000 in salary from the new department's budget for the current fiscal year.

Koch has proposed creating two additional positions within the department starting in the fiscal year that begins July 1. One would be a tree warden and the other an earth scientist to lead the conservation division, which would be tasked with maintaining and improving the city's ecological re-



DAVID MURPHY (right), shown here at Mayor Thomas Koch's State of the City address Jan. 28, has been named the city's new commissioner of natural resources.

Quincy Sun Photo/Robert Bosworth

sources such as marshes and ponds. The salaries for those two positions have not been announced; they will be set during the council's budget hearings in the spring.

Ward 1 Councillor David McCarthy on Monday welcomed the creation of the conservation division, because responsibility for those ecological areas had previously been split between several city departments.

"The recreation part will be rolled in, but the bigger part, I think, for the city of Quincy...is the conservation piece. The wetlands are usually done by a committee of several...it would be

nice to have someone sink their teeth in it and have that as part of that so we can go to that person," McCarthy said.

Councillor Anne Mahoney voted against proposal. Mahoney did not say why at Monday's meeting, but she previously said creating the new department would not address maintenance issues at the city's parks.

In addition to his time in Quincy and Randolph municipal governments, Murphy appeared as a contestant on the game show "Who Wants to Be a Millionaire" in 2001. He won \$125,000 on the show.

2019 City Census Forms In The Mail

The 2019 City Census form is being mailed to every household in Quincy.

City officials ask that residents update their information and return the census form as soon as possible in

the postage paid envelope provided.

Compliance with the City Census is a state requirement, which provides proof of residence to protect voting rights, veteran's

bonus, housing and related benefits.

If you have not received a City Census form please call the City Clerk's office at (617) 376-1144.

Poetry Party Saturday At Art Association

Quincy Art Association and The Convivia, LLC, will present a poetry party in honor of St. Valentine Saturday, Feb. 9 from 4 to 6 p.m. at the Quincy Art Association, 26 High School Ave., Quincy.

Come hear love poetry read aloud while making your own Valentine. Doors open at 3:45 p.m. for light refreshments and socializing.

Suggested donation is \$5

per person.

For more information contact Marianna at mkpapa@theconvivia.com.

Children and youth are welcome; however, parental discretion is advised.

Free Art Demonstration Sunday

The public is welcome to a free art demonstration Sunday, Feb. 10 from 2 to 4 p.m. at the Quincy Art Association, 26 High School Ave., Quincy.

The demonstration will feature veteran artist Edwina Caci who will lead a portrait demonstration in oil of a model selected from the audience. The lucky model gets to take the painting home.

This is an opportunity to learn from this skilled artist the important techniques of



VETERAN ARTIST Edwina Caci, who created the artwork shown here, will lead a free portrait demonstration Sunday, Feb. 10 from 2 to 4 p.m. at the Quincy Art Association, 26 High School Ave.

portrait painting.

To register, visit www.quincyspa.org "Classes"

tab.

There will be light refreshments.

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ing area since 2016; the lot accommodates 102 monthly passholders who had previously used the city-owned Hancock Lot before it closed last year. The property was formerly home to a strip of commercial businesses that were demolished in 2010 to make way for construction of the Hannon Parkway and the land sat vacant before the city converted it into a parking lot.

The city had sought a five-year license to use the Messina land as an interim parking lot following the demolition of the Ross Garage and with the Hancock Lot set to close, but the owner would only agree to a one-year deal, said William Geary, Koch's special counsel for the redevelopment of Quincy Center. Messina renewed the one-year lease in 2017 but let it expire last June, and later began the process to evict the city from the lot in Quincy District Court with the goal of selling the land to a residential developer.

Geary on Monday told councillors he was concerned the city would be evicted from the land following those proceedings and would be given 90 days

to vacate the lot.

"It is my considered opinion we will be evicted and we will have 90 days within which to vacate the premises," he said. "Just listening to the way it was going, I think that's the long and short of it."

The city's plan, Geary said, is to continue using the lot for parking for the next several years. Once it is no longer needed, it would be sold to a developer. Geary said the mayor does not intend to sell it for less than the \$6.8 million the city will pay for the land and prefers commercial, not residential, development on site.

The \$6.8 million the city will spend to acquire the land will come from district improvement financing (DIF). The DIF program allows the city to pay for improvements in Quincy Center with new tax growth in the area. Under state law, the city can pay interest-only bond anticipation notes for up to ten years for any borrowing it does through the DIF program before having to seek a bond.

The city used DIF funds to rent the lot from Messina, paying the company

\$203,000 in lease payments over two years. The city spent \$466,000 to convert the property into a parking lot; Geary said those funds came from a state Mass-Works grant.

Councillor Noel DiBona said parking is a top concern of city residents and businesses. The lot, he said, is needed with construction of a 700-car garage on the Hancock Lot currently underway and future development seen in the vicinity of the Ross Lot.

"We're going to really need the 102 parking spots," DiBona said. "Parking is one of the top five concerns in the city of Quincy, and I think this will be an integral part of giving some relief during times of construction in the downtown."

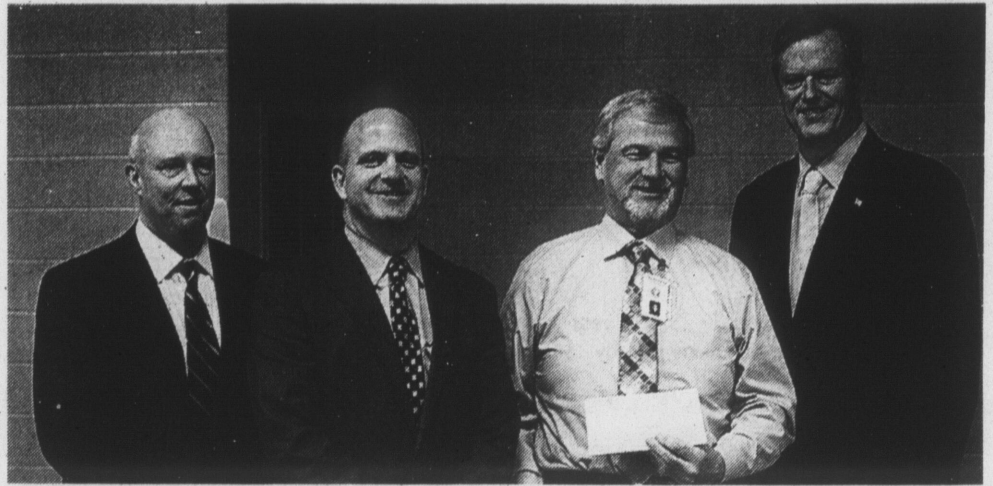
Mahoney, who opposed the eminent domain taking, said city officials should have had a backup plan in place knowing the lease for the Messina Lot was a year-to-year deal. Spending, she said, is a bigger concern for residents than parking.

"Whether it's coming out

of the DIF or anything else, it's still taxpayers' money,"

Mahoney said. "So, yeah, parking is terribly difficult

in the city of Quincy. But do you know what people complain about more? It's that we just spend money and we don't really have a plan."



QUINCY HIGH SCHOOL was recently awarded a \$140,000 Massachusetts Skills Capital Grant from the state Executive Office of Education. From left to right: Secretary of Housing and Economic Development Mike Kennealy, QHS Principal Larry Taglieri; Dennis Thibault, QHS Metal Fabrication and Joining Technologies; and Massachusetts Gov. Charlie Baker.

Photo courtesy Allison Cammarata

QHS Awarded \$140,000 Grant

Quincy High School was recently awarded a 2019 Massachusetts Skills Capital Grant totaling \$140,000 through the Executive Office of Education.

The Office of Education presented over \$9,000,000 in this round of grants funding to schools across the commonwealth. This program was created by Gov.

Charlie Baker in 2015.

QHS will utilize its grant to purchase state-of-the-art equipment for the Metal Fabrication and Joining Technologies program. Equipment such as new welding booths, multi-purpose welders, and portable ventilation systems will allow students to work on the most advanced technologies

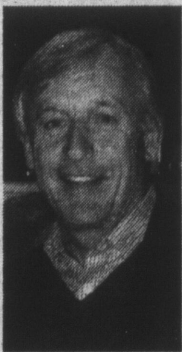
and equipment utilized in the welding and manufacturing industry.

Quincy High School's application was also supported by three of its community business partners: General Dynamics/Bluefin Robotics, Twin River Technologies, and Iron Workers Local 7.

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BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST

PEARLS AND THEIR LUSTER

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(paradise).

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Moments
in time

THE HISTORY CHANNEL

• On Feb. 24, 1836, Texan Col. William Travis sends a desperate plea for help when the Mexican army of 5,000 soldiers badly outnumber the several hundred defenders of the Alamo. His message ended with the famous last words, "Victory or Death." "Remember the Alamo" quickly became the rallying cry for the Texas revolution.

• On Feb. 19, 1847, the first rescuers reach surviving members of the Donner Party, a group of California-bound emigrants stranded by snow in the Sierra Nevada Mountains. Of the 89 original members of the Donner Party, only 45 reached California.

• On Feb. 22, 1918, swept along by hysterical fears of German spies, the Montana legislature passes a Sedition Law that severely restricts freedom of speech and assembly. The law made it illegal to criticize the federal government or the armed forces during time of war.

• On Feb. 18, 1930, Pluto is discovered at the Lowell Observatory in Arizona by astronomer Clyde W. Tombaugh. He discovered the tiny, distant planet using a new astronomical technique of photographic plates combined with a blink microscope.

• On Feb. 23, 1940, folksinger Woody Guthrie writes one of his best-known songs, "This Land is Your Land." Many of his songs reflected a strong commitment to the common working people.

• On Feb. 20, 1986, France and Britain announce the Chunnel, a tunnel to be built under the English Channel. Construction began in late 1987 and the chunnel was finally completed in 1994. Attempts to dig a channel tunnel date back to 1883, and Napoleon drew blueprints for a tunnel in 1802.

• On Feb. 21, 1994, CIA operative Aldrich Ames is arrested for selling secrets to the Soviet Union. At least 10 U.S. spies in Russia were killed after Ames revealed their identities, and more were sent to Russian gulags.

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QCAP First Time Homebuyers Workshop Feb 21, Feb. 23

Quincy Community Action Programs, Inc. will host a first time homebuyers workshop Thursday, Feb. 21 from 6 to 9 p.m. and Saturday, Feb. 23 from 9 a.m. to 3 p.m. at QCAP, 1509 Hancock St., Quincy, fourth floor conference room.

Attendance at both sessions is required.

Fee to register is \$30 per person. Pay by credit/debit

card online at www.qcap.org. Go to News and Events section and look for "first time homebuyer workshop."

Topics include budgeting and credit; real estate/home search; mortgage products and loan qualification; legal issues, home inspections and home insurance.

For more information, contact Keely Elta at (617) 657-5315.

Lynch, House Colleagues Introduce Landmark Social Security Proposal

Cong. Stephen F. Lynch has joined the chairman of the Ways & Means Social Security Subcommittee, John B. Larson (CT-01), and his House colleagues in introducing the Social Security 2100 Act, H.R. 860, which would expand Social Security's benefits, financially strengthen the system and cut taxes for over 10 million seniors throughout the 21st century.

"We owe it to every hard working American to give them the insurance they have paid for throughout their lifetime of work

to fund their retirement, disability and survivor benefits," said Lynch. "Social Security provides economic security for nearly everyone, and the Social Security 2100 Act takes common sense steps to increase these benefits and to make the system financially secure."

The Social Security 2100 Act calls for the following:

- A benefit bump for current and new beneficiaries (the equivalent of 2% of the average benefit)

- An improved cost-of-living adjustment (COLA) that takes into account the

true costs incurred by seniors

- Protect low income workers, so no one who paid into the system over a lifetime retires into poverty

- A tax cut for over 12 million Social Security recipients by eliminating the tax on their benefits

- Ensure that any increase in benefits from the Bill do not result in a reduction in SSI benefits or loss of eligibility for Medicaid or CHIP

- Apply the payroll tax to wages above \$400,000, which would only affect the top 0.4% of wage earners

- Gradually phase in an increase in the contribution rate that would average paying an additional 50 cents per week every year to keep the system solvent

Social Security is the most important source of retirement income for 4 out of 5 seniors, and it provides protections to disabled workers and families who have lost a breadwinner. Through the Social Security 2100 Act, Congress can improve benefits while ensuring Social Security remains financially strong throughout the century, proponents say.

AARP February Fraud Watch Update

By CINDY CAMPBELL

AARP Massachusetts Communications Director

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

SCAM ALERT #1:

Online Dating Scams

Along with the rise in dating website use comes a rise in online dating scams. Scammers create fake profiles, build relationships with individuals through the dating site, and then attempt to steal their money and disappear.

You can spot a con artist quickly by recognizing a few red flags:

- They might propose chatting offline or profess their feelings for you before getting to know you.

- They may offer to visit if you can help cover travel costs using gift cards or money transfers, then cancel those plans to visit because of a phony reason such as their "wallet was stolen."

Be very careful what you share with people you do not know! You can report online dating scams to the site you are using, the Federal Trade Commission, the FBI's Internet Crime Complaint Center, and your state's Attorney General.

SCAM ALERT #2:

Work from Home Scams

It is becoming more common for people to look for ways to supplement their income, and job listings for "work from home" jobs are becoming more popular because they are so convenient. Scammers already know this and they use this knowledge to target their victims.

There are some easy ways to spot this scam early.

If the "company" offers high pay for very little work, or doesn't require any previous experience, it may be a scam. Be especially cautious of employers who require you to pay for training up front with the promise of paying you back once you start the job.

Conduct research on every employer you are considering. Sometimes, newspapers or websites may unknowingly

share advertisements for services that are actually listed by scammers. Report these directly to the website or newspaper, as well as the Better Business Bureau, the Federal Trade Commission, and your state's Attorney General.

SCAM ALERT #3:

Tech Support Scams

Computer viruses are scary, and scammers exploit this fear to gain access to your personal information. They do this by tricking you into thinking your computer or other device has been compromised, and that you need their help to fix the problem.

The Federal Trade Commission notes that some scammers will pretend to be working for trusted or familiar software companies such as Microsoft. They may ask you to give them remote access to your computer, and then charge you for new software downloads, unnecessary repairs, products, or services. They may also install Malware on your computer.

If you have been scammed, contact your credit card company to reverse the payment. Take the necessary steps to rid your computer of any damaging malware, too.

You can also file a complaint with the Federal Trade Commission, and report the scam to the FBI's Internet Crime Complaint Center. Visit www.aarp.org/TechScams

SCAM ALERT #4:

Home Improvement Scams

At this time of year, don't be surprised to hear about home repair salespeople going door-to-door looking for work. Are they reputable and licensed? Maybe, but don't take any chances.

To protect yourself, insist on seeing references for any contractor, obtain a written contract before any work begins, and read the fine print. You can also check with your state's licensing agency to confirm that the contractor you are considering hiring has been licensed. Without taking these precautions, you may end up doing business with someone who either disappears with your money, or who does a lousy job using shoddy materials. Before you hire anyone, do your homework first.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

Kindergarten Registration March 5

Quincy Public Schools' kindergarten registration for the 2019-2020 school year will be held Tuesday, March 5, from 9 a.m. to 2 p.m. at all elementary school locations.

Children do not need to attend registration; a screening date will be scheduled for May as part of the registration process.

Children who will be 5 years of age on or before Aug. 31, 2019 are eligible to attend kindergarten in 2019-2020 and should be registered at their home school.

If you are not sure which school is your home school, check the QPS Street Directory found under Parent Links on the main page of the Quincy Public Schools website, www.quincypublicschools.com. Students seeking open enrollment must be registered at their home school.

If a child attends the pre-kindergarten program at the Snug Harbor Community School, the Point Webster School or the Amelio Della Chiesa Early Childhood Center, it is not necessary to

register for kindergarten.

The following documents must be produced in order for a student to be registered:

- Child's birth certificate (with a raised seal)

- Proof that the child resides in the home school district (any two: tax bill, utility bill, mortgage statement, 1099 or W-4 form)

- Photo I.D. of the adult seeking to enroll the student

- Copy of a recent (within one year) physical examination by a physician

- Written records of im-

munizations

You may access the required forms for registration on the QPS website, www.quincypublicschools.com. On the main page, kindergarten registration is found under Parent Links. Scroll down to access the link to the registration packet.

Questions regarding the Kindergarten program may be directed to your home school principal. If you do not feel comfortable filling out the necessary forms, feel free to bring someone that could assist you.

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Scenes From Yesterday

THIS 1911 POSTCARD is a view of Joe Coleman, a legendary figure who lived in Squantum for almost 40 years. Squantum Joe, as he was known, came from the British West Indies in the late 1880s to work on the Boston sewer system project. He helped build the sewer vats on Moon Island just off the end of Squantum. Legend has it that he stayed in Squantum after the project was completed and pretty much lived off the graciousness of people he helped and befriended. Someone thought enough of him to have this postcard published. Whatever he did to deserve this picture being taken he surely never thought the postcard would be printed in a Quincy newspaper more than 100 years later.

From the Postcard Collection of Tom Galvin



Quincy's Yesterdays

This Week
1978
41 Years Ago

Blizzard Of '78: Please, No More!!!

An army of weary workers struggled into the weekend to dig Quincy out from what may be the worst snowfall of the 20th century; one that brought the city to a standstill for at least four days.

The northeast storm backed by winds that gusted to more than 90 miles an hour dumped at least 26 inches of snow, the heaviest since the Boston weather bureau began keeping records in 1870.

The headline of Page One of The Quincy Sun that week appealed: Please, No More!!!

High tides, urged on by the winds, rose at least five feet higher than usual, flooding sections of Houghs Neck and Squantum where several hundred people were evacuated.

"This was something that happens once in a hundred years," said Quincy Police Captain Roy Cavicchi. "I've been on the force 25 years and I have never seen anything like it."

Quincy City Hospital received needed blood supplies as well as drugs and other necessary items by helicopter.

SNOWMOBILERS UNSUNG HEROES

Snowmobilers were out doing their thing rescuing people during this week's big storm. Norman Forde of Wollaston was with one of the two-man teams, which rescued a driver who had been shivering in his car for almost six hours.

In addition to rescuing frostbitten drivers, the snowmobilers continued to patrol the highway to prevent vandalism of abandoned cars.

QUINCY-ISMS

Dependable Cleaners, with three locations in Quincy, was advertising in the Sun, "Any Slacks, Pants, Sweaters, Only \$1.19 Each With This Coupon"... The Mayor's Commission on the Status of Women was sponsoring an orientation for elected officials, Feb. 12 at the home of **School Committeewoman Mary P. Collins**, 116 Landsdowne St., Squantum. Mrs. Collins is a member of the Commission... **Helen Boyajian**, librarian at the Houghs Neck Branch of the Thomas Crane Public Library, presented pins to volunteer students who help at the Houghs Neck Branch. **Michelle Beven**, daughter of Mr. and Mrs. Allen Beven, 43 Macy St., has completed 358 hours while **Cheryl Chapman**, daughter of Mr. and Mrs. Walter Chapman, 20 Shennen St., received her 100-hour pin... **Police Lt. John A. Morton** presented a Certificate of Appreciation to the George F. Bryan VFW Post in recognition of their donation of an oxygen resuscitator to the Quincy Police. The award was received by **Post Commander Gordon C. Bergstrom** and **Post Quarter Master James P. Lynch**... Quincy Typewriter Service, 5 Maple St., Quincy Center was advertising "Olivetti Adding Machines \$69.95"... The Junior High School luncheon menu for Monday, Feb. 13 included: Hamburger on a Fresh Baked Bun, French fries, fruit, Jell-O with topping and a beverage... Roy's Flowers, 94 Washington St., was urging the purchase of a "Love Bundle Bouquet For \$15"... A Blood Program, sponsored by Quincy-area banks, was scheduled for Tuesday, Feb. 28, according to **Robert J. Quinn** of South Shore Bank, coordinator of the program. (Editor's note: Among the donors was councillor and future mayor **Francis McCauley** who would donate the first of 129 pints of blood from February 1978 through January 2004)... **Dinner Chairman Joseph Gildea** announced that the Montclair Men's Club will hold their annual award dinner, honoring **NBC sportscaster Curt Gowdy** on Saturday, March 4... **Rod Peterson** of Quincy, a graduate of Eastern Nazarene College, was exhibiting his paintings at the North Quincy branch of the Thomas Crane Public Library... **Rep. James A. Sheets** (D-Quincy) has urged the Army Corps of Engineers to speed up its proposed flood projects on Town Brook and Furnace Brook, in view of recent flooding in the areas... **Rep. Thomas F. Brownell** (D-Quincy) has called for an investigation of service on the MBTA, particularly the Red Line servicing Quincy... Thayer Academy announced that entrance examinations for admissions to the Middle School (grades 6-8) will be given Saturday, Feb. 11... St. John the Baptist Parish, 44 School St., was planning an Evening of Recollection for the Quincy Vicariate Feb. 16. **Bishop John D'Arcy**, Auxiliary Bishop of Boston, was the featured speaker... **Fr. Joseph Morton** of Mission Church, Roxbury, will be the speaker at the Annual Memorial Mass of the Morrisette Legion Post to be held at St. Mary's Church, West Quincy.

Quincy Lunar New Year Festival Sunday

Approximately 10,000 people are expected at North Quincy High School on Sunday, Feb. 10th from noon to 5 p.m. for one of the biggest Lunar New Year Festivals in the region. Celebrating its 31st year, the Lunar New Year Festival is free and open to guests of all ages.

Hosted by Quincy Asian Resources, Inc. (QARI), with Presenting Sponsor, South Cove Community Health Center, the Lunar New Year Festival will open with a traditional Dragon/Lion Dance at noon.

Following opening ceremonies will be hours of live entertainment including music, dance, and cultural performances, as well as a "QARI's Got Talent" karaoke competition with a \$150 cash prize for the winner and Asian food samplings from top area restaurants.

The festival also features New Year-themed arts and crafts activities provided by State Street Corporation and the South Shore YMCA, a Super Smash Bros. tournament (with cash prize), Firefly explorations by Mass Audubon Society, Virtual Reality provided by Balance Patch, facepainting by Kaylin's Custom Creations,

a Hula Hoop contest with master hooper, Sara Kunz, Magic show with Felice Ling, and an appearance by the God of Fortune provided by Sunshine Travel, who will bestow children with lucky red envelopes.

The festival is part of the global celebration of the Lunar Year of the Pig. Occupying the 12th position in the Chinese Zodiac, the spirit of the pig symbolizes such character traits as loyalty, kind-heartedness, positivity, and an even temperament.

The festival is made possible due to the generosity of Presenting Sponsor, South Cove Community Health Center; Diamond Sponsors Fox Rock, National Grid,

the City of Quincy, South Shore Hospital and Tufts Health Plan; Jade Sponsors Eastern Bank, Eastern Nazarene College, Hitrons, Kam Man Foods, Mohegan Sun, Quincy College, Rockland Trust, State Street Corporation, Sunshine Travel Boston, Tufts Medical Center, and WORK Inc.; Gold Sponsors AARP, Asian Women for Health, Aspire Health Alliance, Bank of Canton, Beth Israel Deaconess Hospital, BMC Health-Net Plan, Derby Academy, Magellan Health, Soleil Physical Therapy and Wellness, South Cove Manor at Quincy Point, South Shore Bank; and Community Part-

ners Mass Cultural Council, JP Fuji Group, South Shore YMCA and C&C Printing along with dozens of other businesses, community organizations and partners, government and social service agencies.

There will be free parking and easy access from the Red Line at the North Quincy MBTA, just across the street from North Quincy High School.

In the event of bad weather, the festival may be rescheduled for Feb. 17th with announcements on QARI's Facebook page and website. For more event information, visit quincyasianresources.org.

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Arts & Entertainment



YOUNG DANCERS from In Sync Center of the Arts, 550 Adams St., Quincy, will present "Mary Poppins" Sunday, Feb. 10 at noon and 4 p.m. at Milton High School. Shown here is Meghan Stanton, who will dance the part of Mary Poppins, with Maya, a young dancer enjoying hot cocoa at a recent In Sync event.

Photo Courtesy In Sync Center of the Arts

In Sync Center Of The Arts Presents 'Mary Poppins' Feb. 10

Young dancers from In Sync Center of the Arts, 550 Adams St., Quincy, will present "Mary Poppins" Sunday, Feb. 10 at noon and 4 p.m. at Milton High School.

Auditions were held last October. The role of Mary Poppins will be danced by Weymouth High School freshman, Meghan Stanton.

Other dancers cast are: Fasha Banson as Bert, Julia Fiorello and Hoku Panerio-Langer as the Magic Sisters, Sebastian Wright as Mr. Banks, Aishling Donoghue as Mrs. Banks,

Caroline Kelly and Sophia Harris as the Banks Children, Grace Gambardello as Katie Nana, Amanda Rebello and Meghan Hailey as the Statues En Pointe, Katherine Kates as the Beggar Woman, Demi Kroumpouzios as Mrs. Corey, Roza Vardaxis and Ashling Byrne as Mrs. Corey's Daughters, Kayla Grippi and Julia Ormond as Dancing Dolls, Alyssa Gonzales as Miss Andrew, Samantha Murphy and Lauren Martin as Waiters, Caitlyn Faiella, Mahina Panerio-Langer, Hannah Andrews and Kayla

Agcaoili as Parasol Dancers, Olivia Ciavattone and Meadhbh McDermott as the Household Staff, and Riley McRanor, Ella Connolly, Maggie O'Connor, Brooklyn Geary, Sam Smith and Mia Knight as the Nannies.

The ballet production of Mary Poppins is directed by In Sync ballet teachers Mary Haddad and Emily Cordell.

Tickets are available at the door. For more information contact In Sync at 617-328-5678.



TIM COLTON and Ed Morris from The Fours served up some of their award-winning chili to Quincy resident Barbara Newman at last year's Winter Fest. The Fours will be competing again this year in the Battle of the Blue Hills Chili Cook-Off at Winter Fest on Feb. 26.

Photo Courtesy Friends of the Blue Hills

Friends Of The Blue Hills Winter Fest Feb. 26 At BH Ski Area

The Friends of the Blue Hills will host its annual Winter Fest on Tuesday, Feb. 26, from 5 to 8 p.m., at Blue Hills Ski Area, 4001 Washington Street, in Canton.

The free event offers live music from the Irish band Songs for Ceilidh, a night hike, arts and crafts, and discounted downhill skiing.

The highlight of the evening is the "Battle of the Blue Hills Chili Cook-Off," with five local restaurants representing five towns in the Blue Hills competing for the top prize. The Fours has won "Best Chili" four years

in a row, and General Manager Tim Colton is confident their popular Southpaw Texas Chili will take first-place again this year.

Town officials will serve as judges, and a People's Choice Award will also be presented that evening. Skiers, night hikers, and chili connoisseurs alike are invited to sample the chili while warming up next to the fireplace in the cozy ski lodge.

Blue Hills Ski will be offering discounted rates of \$20 each for an all-day lift ticket, ski rental, or lesson that day. To receive the discount, print out and bring

the Friends of the Blue Hills homepage FriendsOfTheBlueHills.org/winterfest2019 or Facebook page.

Winter Fest is just one of many free events the Friends of the Blue Hills sponsors to encourage people to explore and enjoy the Blue Hills Reservation. The organization is celebrating its 40th Anniversary in 2019 and will be offering special activities throughout the year to mark this milestone.

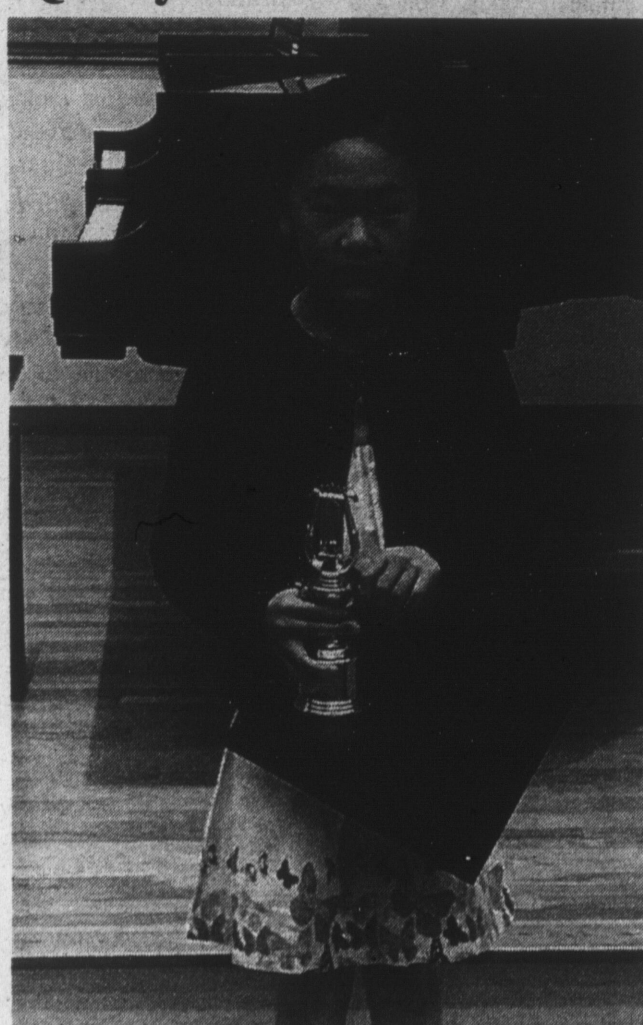
For details about Winter Fest or the Friends of the Blue Hills, visit FriendsOfTheBlueHills.org.

Emma Kelly On Dean's List

Emma Kelly of Quincy has been named to the dean's list for the fall semester.

at the University of Delaware.

Quincy Violinist Wins Award



SOUTH SHORE CONSERVATORY (SSC) congratulates violin student Esther Lee of Quincy for having placed third in her age division of the HuiMin Wang Youth Concerto Competition. Esther is a student of SSC violin instructor Christine Hedden.

Photo Courtesy SSC

Peter Gagne On Dean's List

Peter Gagne of Quincy, a student at Bentley University, has been named to the Dean's List for the fall semester.

Gagne is a member of the Class of 2022.

Alexandra Gagne On President's List

Alexandra (Ally) Gagne of Quincy, a student at Notre Dame Academy, has been named to the President's

List for the first quarter. Gagne is a member of the Class of 2022.

Two Quincy Students On Plymouth State President's List

Two students from Quincy have been named to the President's List for the fall semester at Plymouth State

University. They are: Amanda Broughton and Megan Newcomb.

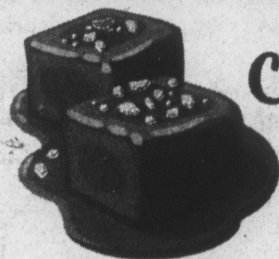
11 Quincy Students On UNH Dean's List

Eleven students from Quincy have been named to the Dean's List for the fall semester at the University of New Hampshire.

They are: Colleen Furey with honors; Remy AuCoin with high honors; Olivia Keenan with honors; Alexandria Rich-

ards with high honors; Jessica Eynatian with highest honors; Evelyn Scuzzarella with highest honors; Sean Hickey with high honors; Aislinn Collins with honors; Raneen Nassar with honors; Anna Splitz with high honors; and Nancy Aimola with highest honors.

February's
FLAVOR OF THE MONTH



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seasonal flavors
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SNOWFLAKE SUNDAE

story time with Big Joe

February 7, 10 a.m.
24 Central Ave., Milton

February 11, 10 a.m.
680 Truman Parkway, Hyde Park

February 22, 6:15 p.m.
12 Old Colony Ave., Quincy

12 Old Colony Avenue
Quincy: 617-773-9420

77 Parkway
Quincy: 617-786-8888

24 Central Avenue
Milton: 617-696-2326

680 Truman Parkway
Hyde Park: 617-910-9175



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Social

Council On Aging Events For February

By MARIE FERENT
Quincy Council On Aging

The Quincy Council on Aging announces the following events and activities:

February is National Heart Month

Stop by the Kennedy Center on Thursday, Feb. 7th from 9 a.m. to 1 p.m.

Deb Deery, LPN, director of Admissions John Adams Healthcare Center, will be in the lobby providing information about different ways to keep your heart healthy. Stop by and visit Deb, she will have free giveaways.

Norfolk Sheriff's Office Senior Safety Programs Tuesday, Feb. 12th at 10:30 a.m.

at the Kennedy Center, 440 East Squantum St.

Please join Joe Canavan and Cheryl Bamberg from the Norfolk County Sheriff's Office for an informative gathering to discuss some of the free programs offered for the safety of seniors in Norfolk County. They will also discuss the latest scams targeting seniors. Call 617-376-1506 to register.

Healthy Heart

Thursday, Feb. 21st at 10:30 a.m.

Stroke is a disease that affects the arteries leading to and within the brain. It is the number 5 cause of death and a leading cause of disability in the United States. However, 80% of strokes are preventable.

Join Ruth Jones BSN, RN, BC, CP-FS to learn about the causes, symptoms, and prevention of strokes. Call 617-376-1506 to register.

Acrylics Class

Friday, Feb. 22nd at 1 p.m.

at the Kennedy Center, 440 East Squantum St.

Join Raquel for a relaxing step by step class. Leave with a beautiful painting to frame and hang. All supplies are included. \$15PP due at time of registration. Stop by the Kennedy Center to register.

Winter Breakfast

Monday, Feb. 25th at 9:30 a.m.

Kick the winter blues! No better way to shake the winter blues and say goodbye to February!

Enjoy a buffet breakfast at the Kennedy Center with friends. What a great start to the day. Tickets are \$10PP and can be purchased at the Kennedy Center.

General Nutrition

Tuesday, Feb. 26th at 10:30 a.m.

Dawn MacLeod-Kulig, Registered Dietician and Licensed Nutritionist, presents Fun Food Facts-Being Smart about Nutrition. Join us for an educational and informative presentation about aging and nutrition sponsored by South Cove Manor at Quincy Point.

Call 617-376-1506 to register.

Office of Housing Rehabilitation

Tuesday, Feb. 26th at 10:30 a.m.

at the Kennedy Center, 440 East Squantum St.

Tony Losordo from the City of Quincy's Office of Housing Rehabilitation will be here to a talk about programs the department has available to help income eligible home owners of Quincy. Call 617-376-1506 to register.

2019 Boston Flower Show & Luncheon

Friday, March 15th

Day trip to Boston's Flower Show and lunch at Venezia Restaurant. Departs from Pageant Field, Quincy, trip includes transportation, lunch and tickets to the show. \$89 PP due at time of registration. Stop by the Kennedy Center to register.

Washington D.C Spectacular

April 11-14th

Trip includes transportation, Embassy Suites luxury hotel, 3 breakfasts and 2 dinners, guided tour of Washington, the Capitol, White House, Embassy Row, Lincoln Memorial, Vietnam & Korean War Memorials, the FDR & WWII Memorials, the Holocaust Museum, Smithsonian Institute and much more.

Cost is \$599 Double, \$579 Triple and \$749 Single occupancy. Call 617-376-1246 for more information or stop by and sign up.

Two Quincy Students On Quinnipiac Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Quinnipiac University in Hamden, CT.

They are: Declan Murphy and Patrick Pitts.



MEMBERS OF THE Quincy School ~ Community Partnership recently selected Maggie Zheng, Quincy High School's Health Care Technology student, as recipient of Quincy's 33rd Outstanding Vocational and Technical Education Student-of-the-Year. From left to right: Steve Wessling, Wessling Architects; Lauren Pedretti, Quincy Credit Union; Mary Kate Paris, South Shore Workforce Development Board; Phil Gay, South Shore YMCA; Phil Dinan, Callahan Construction; Brian Cadogan, Quincy Mutual Group; Jennifer Buchanan, Boston Scientific; Rebecca McInnis, Quincy High School CVTE Department Chairperson, and Keith Segalla, Executive Director of Career Vocational Technical Education. Photo Courtesy Quincy Public Schools

School Partnership Selects Outstanding Career Vocational Technical Education Student Of Year

Special thanks to members of the Quincy School ~ Community Partnership who volunteered their expertise, knowledge and time to interview and select the Quincy Public Schools 2018-2019 Outstanding Career Vocational Technical Education Student-of-the-Year.

The partnership and

Quincy Public Schools extends congratulations to Maggie Zheng, Quincy High School's Health Care Technology student for being selected as recipient of Quincy's 33rd Outstanding Vocational and Technical Education Student-of-the-Year.

Ten students from both North Quincy High School

and Quincy High School, nominated by their vocational teachers, were asked about their career majors, skills learned, credentials earned, community service and school contributions, team work, post-graduation plans and why they should be selected as the Outstanding Career Vocational Tech-

nical Student-of-the-Year.

Students also had to share and describe a project pertaining to their major. Maggie Zheng, the Outstanding Career Vocational Technical Education Student-of-the-Year and family are invited to attend an awards ceremony in Mechanics Hall, Worcester on April 11.

Registry Of Deeds Holiday Food Drive Success

Norfolk County Register of Deeds William P. O'Donnell expresses sincere appreciation to everyone who contributed to the Registry's 2018 Annual Holiday Food Drive.

"This year's food drive was one of the biggest successes in our 13 year history," O'Donnell said.

"I am thankful that so many Norfolk County residents, including our employees and title examiners, took the opportunity to donate and to help those with hardships during this holiday season," he added.

The non-perishable food collected during the drive will be dispensed to several pantries throughout Norfolk County.

"We received a lot of pastas, sauces, soups, cereals, canned vegetables and household products," O'Donnell noted.

"While the holiday food drive has ended, it does not stop hunger from affecting many of our neighbors," the register continued. "A report done by Project Bread noted that approximately 1 out of 10 households in Massachusetts are considered food insecure and 1 out of 8 Massachusetts children are in the same category. Altogether there are 266,500 food insecure households in Massachusetts.

In conclusion, O'Donnell said: "I urge residents to consider dropping off sup-

plies at their local pantries. Besides food, many pantries are requesting toiletries and paper products. Dropping off a donation at your local food pantry can make a world of difference to a struggling family, especially in the winter months when the cost of fuel can play havoc with a family's budget."

For a list of food pantries, visit the Registry of Deeds website at www.norfolkdeeds.org and go to the top of the menu bar, click on News and Events and then in the drop down box click on "food pantries".

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on [Twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds)

Deeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land re-

cord information. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Applications Available For Edith MacDonald Scholarship

Applications are available for the Edith B. MacDonald Scholarship given by the Seaside Gardeners of Squantum.

Any high school senior currently living in Squantum and any relative of a member of the Seaside Gardeners planning to at-

tend a two-year or four-year college is eligible for the \$1,000 award.

To be considered, applications must be postmarked by March 20th.

For more information, contact Laurie Kelliher at 617-797-3349 or email her lauriekelliher@verizon.net.

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TOP RATED

QHS, NQHS Cheering Squads Receive \$2,200 Donation

The Quincy and North Quincy High School cheerleading squads received a \$2,200 donation from the Friends of the Pigskin Gala before the recent Quincy-North Quincy boys basketball game.

The funds will be used to help cover competition, travel and uniform costs, said cheerleading coaches Jen Mango-Buckley of North Quincy High and Nancy Peduzzi McNulty of Quincy High.

The Pigskin Gala is an annual tailgate party held at Pageant Field each year before the Quincy-North Quincy Thanksgiving Day football game. The event began in 1988 among a group of recent high school graduates gathering to reunite before the game. It has since grown into a free, public, family-friendly festival and an annual fundraiser for the students of both high



QUINCY AND NORTH QUINCY High School cheerleading squads recently received a \$2,200 donation from the Friends of the Pigskin Gala. From left: Pigskin Gala co-founder Kerry Byrne, North Quincy cheerleaders Courtney Ross, Shannon Boylan and Denise Donovan; NQHS cheer coach Jen Mango-Buckley, QHS cheer coach Nancy Peduzzi McNulty, Quincy cheerleaders Madison Kubera, Sasha Rockhold and Makayla Jacques; and Pigskin Gala co-founder Robert Buttomer.

schools. Last year's funds were donated to the joint Quincy and North Quincy band program.

The Pigskin Gala features a free breakfast with dishes provided by many of Boston's top chefs, entertainment and games for kids. It is organized each year by alumni of both high schools. Both cheerleading squads performed cheers and their respective school fight things this year at the Gala before marching to the stadium for the football game.

The celebration and its charitable donation are funded each year thanks to

the support of local businesses.

The 2018 Pigskin Gala was sponsored by Mike and Kenny Boyce of Commonwealth Elevator, Bill Burke of Burke Oil, Victor and Octavio Carvalho of the Original Dunkin' Donuts, Mike and Tim Flavin of Flavin & Flavin Insurance, Alex Kesaris of Braintree Brew-house, Howie and Happy Jacobs of Toodie's Fine Jewelry, Finbarr O'Connor of J&F Roofing, George Pepdjonovic of Maggy's

Lounge and Candice (Painter) and Stuart Smilowitz of Allstate Courier Systems.

"The members of the city's cheerleading squads devote many hours to supporting their schools and enriching our community," said Pigskin Gala co-founders Robert Buttomer and Kerry Byrne. "The Pigskin Gala team would like to thank all of our volunteers, attendees and especially our sponsors for allowing us to support these great young women."

WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Butternut Squash Apple Bake

By MARIE

Today's recipe for a butternut squash apple bake is from my niece, Anita, who lives in Arizona. I had never made butternut squash this way, but found the recipe to be very aromatic and tasty.

The addition of apples was a game changer!

Prep 15 minutes, bake 40 minutes. Makes about 8 servings

Pre-heat oven to 350 degrees — prepare a baking dish

Recipe:

2 pounds butternut squash, peeled and

cut into 1/2-inch slices

3 medium sized tart apples, peeled, cored and thinly sliced into rings

1/3 cup packed brown sugar

1-1/2 teaspoons all-purpose flour

1/4 teaspoon ground cinnamon

2 tablespoons butter, melted

Arrange squash in a 15-in. x 10-in. x 1-in. baking dish. Baking dish coated with nonstick cooking spray.

Top with apple rings.

Combine the brown sugar, flour and cinnamon and sprinkle over apples; drizzle with butter.

Cover and bake at 350° for 40-50 minutes or until squash and apples are tender.

Chocolate Peanut Butter Cups

By SUSIE

What? Me writing a recipe for Reese Cups? There is a magical ingredient in these which makes them actually very healthy.

Ever hear of nutritional yeast? Nutritional yeast is a deactivated yeast related to brewer's yeast, which is used as a fermentation agent in beer making. The yeast is grown on a food source (like molasses) and is then harvested, heated, dried and crumbled. This process deactivates the yeast, and creates a wonderfully nutty, tasty and versatile ingredient.

I recommend vegans add this to their diet to maintain proper B vitamin levels, but all of us can benefit from this remarkable and tasty product. It takes on a cheese like flavor in many recipes (I know...you don't want your candy to taste like cheese) but in this recipe it makes the peanut butter taste just like the kind in those Reese cups you grew up with.

Check the nutrition content in a serving of the yeast:

•180% Daily Value B1 (Thiamine)
•160% Daily Value B2 (Riboflavin) • 70% Daily Value B3 (Niacin) • 140% Daily Value B6 (Pyridoxine) • 40% Daily Value Folic Acid • 40% Daily Value B12 • 3 grams protein • 1 gram fiber



RECIPE: (makes about 6 large cups or 12 small)

3 tablespoons organic peanut butter (not the kind with sugar, just peanuts and salt)

1.5 tablespoons nutritional yeast (I use Bragg's Brand)

1/2 cup Enjoy Life Chocolate Chips (healthier, limited ingredient chocolate chips) (the minis melt quickest)

Simply melt the chocolate and pour into baking cups (the paper kind) about 1/3 way full. Place in freezer.

Mix the peanut butter and nutritional yeast together.

Once chocolate is firm, place the mixture in the center of the chocolate cups and taper out towards the edges. Pour more chocolate over the peanut butter to cover.

Place back in freezer. When done, these do not have to be kept frozen but do need to be placed in a container or baggie. Enjoy!

'Spanish' Flu Epidemic Topic Thursday At Historical Society

Quincy Historical Society curator Alexandra Elliott and executive director Ed Fitzgerald will shed light on one of the darkest corners of Quincy's modern history in a program tonight (Thursday) at 7 p.m. at the Adams Academy.

In 1918 the "Spanish" flu swept across the world, killing as many as 100 million. In the deadly second wave of the epidemic that fall,

Quincy, located next to the national epicenter of Boston, was among the earliest and hardest hit. And yet, within months the pandemic disappeared from public memory.

Massachusetts' Chief Surgeon, W. A. Brooks, commented, "Perhaps it is just as well that all of its horrors should not appear in print."

The program will recount

the remarkable sequence of events in Quincy as the number of deaths overwhelmed medical, funerary, and civic resources and as city officials and the United States Navy took extraordinary measures to battle the disease. It will explore some of the theories why this pandemic, which caused more deaths in a year than the fabled Black Death caused in a century, was forgotten and why Quincy, whose experience was in many respects unique, similarly let the epidemic fade from the collective consciousness.

Everyone is welcome to attend. There is no admission charge.

Six Students On Lasell Dean's List

Six students from Quincy have been named to the Dean's List for the fall semester at Lasell College in Newton.

They are:

Kimberly Andrews, Ciara Flaherty, Emma Papile, Riley Driscoll, Gabriella Bertoldi and Cathleen Veiga.

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Health Benefits Of Dark Chocolate

A Message From Ruth Jones, Director Of Nursing, Quincy Health Dept.

By RUTH JONES
BSN, RN, BC, CP-FS

Dark chocolate is packed with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the top sources of antioxidants.

Research reveals that dark chocolate can improve your health and lower the risk of heart disease. Dark chocolate is created by adding fat and sugar to cocoa. It differs from milk chocolate in that it contains little to no milk solids.

It is also known by other common names, including bittersweet and semisweet chocolate. These vary in sugar content, but can be used interchangeably in cooking and baking.

Unfortunately, my favorite, white chocolate, made with cocoa butter, sugar and milk, contains a good amount of calcium, but it isn't healthy because it doesn't supply significant doses of other essential nutrients to make up for the high-calorie, sugar and fat content. Thus, dark chocolate is a better choice.

If you buy quality dark chocolate with a high cocoa content, then it is relatively nutritious. It contains a generous amount of soluble fiber and is loaded with minerals.

A 100-gram bar of dark chocolate with 70-85% cocoa contains:

- 11 grams of fiber
- 67% of the RDI for iron
- 58% of the RDI for magnesium
- 89% of the RDI for copper
- 98% of the RDI for manganese
- It also has ample potassium, phosphorus, zinc and selenium

However, 100 grams (3.5 ounces) is a substantial amount and not recommended to be consumed daily. It also contains 600 calories and moderate amounts of sugar.

Consequently, dark chocolate is best eaten in moderation. The fatty acid profile of cocoa and dark chocolate is also outstanding. The fats are mostly saturated and monounsaturated, with minute amounts of polyunsaturated fat. It also includes caffeine, but the amount is very small compared to coffee.

Dark chocolate is also a source of antioxidants. It is loaded with organic compounds including polyphenols, flavanols and catechins, among others that are biologically active and function as antioxidants. One study showed that cocoa and dark chocolate had more antioxidant activity, polyphenols and flavanols than any other fruits tested, which included blueberries and acai berries.

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flow and lower blood pressure. The flavanols in dark chocolate can stimulate the endothelium, the lining of arteries, to produce nitric oxide (NO). One of the roles of NO is to relay signals to the arteries to relax, which lowers the resistance to blood flow and ultimately reduces blood pressure.

Many controlled studies show that cocoa and dark chocolate can improve blood flow and lower blood pressure, though the effects are usually mild.

Consuming dark chocolate is also thought to improve numerous important risk factors for heart disease. In a controlled study, cocoa powder was found to substantially decrease oxidized LDL cholesterol in men. It also increased HDL and lowered total LDL for those with high cholesterol.

Oxidized LDL indicates that the LDL or bad cholesterol has reacted with free radicals. This makes the LDL particle itself reactive and capable of damaging

other tissues, such as the lining of the arteries in your heart. Cocoa lowers contains an abundance of powerful antioxidants that do make it into the bloodstream and protect lipoproteins against oxidative damage.

The compounds in dark chocolate seem to be extremely protective against the oxidation of LDL and over a period of time this should cause much less cholesterol to lodge in the arteries, resulting in a lower risk of heart disease. Moreover, several long-term observational studies show a fairly drastic improvement. In a study of 470 elderly men, cocoa was noted to reduce the risk of death from heart disease by a 50% over a 15 year period.

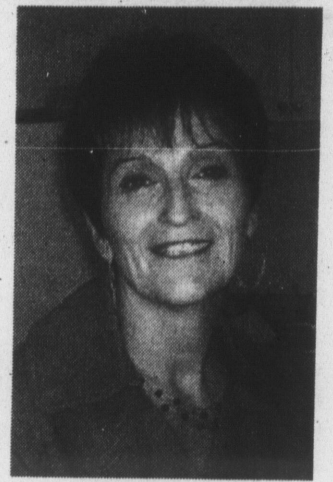
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The bottom line is that there is significant evidence that cocoa can provide formidable health benefits, particularly against heart disease. But use caution, this doesn't mean you should consume lots of chocolate every day. It is still loaded



RUTH JONES

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A more appropriate way to acquire these benefits may be to have a square or two after dinner and try to savor them. If you want the benefits of cocoa without the calories in chocolate, consider making a hot cocoa without any cream or sugar.

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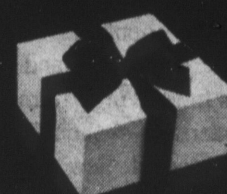


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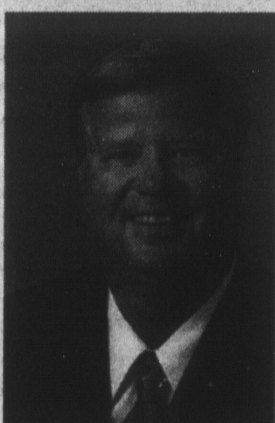
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QHS, NQHS Cheering Squads Receive \$2,200 Donation

The Quincy and North Quincy High School cheerleading squads received a \$2,200 donation from the Friends of the Pigskin Gala before the recent Quincy-North Quincy boys basketball game.

The funds will be used to help cover competition, travel and uniform costs, said cheerleading coaches Jen Mango-Buckley of North Quincy High and Nancy Peduzzi McNulty of Quincy High.

The Pigskin Gala is an annual tailgate party held at Pageant Field each year before the Quincy-North Quincy Thanksgiving Day football game. The event began in 1988 among a group of recent high school graduates gathering to reunite before the game. It has since grown into a free, public, family-friendly festival and an annual fundraiser for the students of both high



QUINCY AND NORTH QUINCY High School cheerleading squads recently received a \$2,200 donation from the Friends of the Pigskin Gala. From left: Pigskin Gala co-founder Kerry Byrne, North Quincy cheerleaders Courtney Ross, Shannon Boylan and Denise Donovan; NQHS cheer coach Jen Mango-Buckley, QHS cheer coach Nancy Peduzzi McNulty, Quincy cheerleaders Madison Kubera, Sasha Rockhold and Makayla Jacques; and Pigskin Gala co-founder Robert Buttomer.

schools. Last year's funds were donated to the joint Quincy and North Quincy band program.

The Pigskin Gala features a free breakfast with dishes provided by many of Boston's top chefs, entertainment and games for kids. It is organized each year by alumni of both high schools. Both cheerleading squads performed cheers and their respective school fight things this year at the Gala before marching to the stadium for the football game.

The celebration and its charitable donation are funded each year thanks to

the support of local businesses.

The 2018 Pigskin Gala was sponsored by Mike and Kenny Boyce of Commonwealth Elevator, Bill Burke of Burke Oil, Victor and Octavio Carvalho of the Original Dunkin' Donuts, Mike and Tim Flavin of Flavin & Flavin Insurance, Alex Kesaris of Braintree Brew-house, Howie and Happy Jacobs of Toodie's Fine Jewelry, Finbarr O'Connor of J&F Roofing, George Pepdjonovic of Maggy's

Lounge and Candice (Painter) and Stuart Smilowitz of Allstate Courier Systems.

"The members of the city's cheerleading squads devote many hours to supporting their schools and enriching our community," said Pigskin Gala co-founders Robert Buttomer and Kerry Byrne. "The Pigskin Gala team would like to thank all of our volunteers, attendees and especially our sponsors for allowing us to support these great young women."

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO

Butternut Squash Apple Bake

By MARIE

Today's recipe for a butternut squash apple bake is from my niece, Anita, who lives in Arizona. I had never made butternut squash this way, but found the recipe to be very aromatic and tasty.

The addition of apples was a game changer!

Prep 15 minutes, bake 40 minutes. Makes about 8 servings

Pre-heat oven to 350 degrees - prepare a baking dish

Recipe:

2 pounds butternut squash, peeled and

cut into 1/2-inch slices

3 medium sized tart apples, peeled, cored

and thinly sliced into rings

1/3 cup packed brown sugar

1-1/2 teaspoons all-purpose flour

1/4 teaspoon ground cinnamon

2 tablespoons butter, melted

Arrange squash in a 15-in. x 10-in. x 1-in. baking dish. Baking dish coated with nonstick cooking spray.

Top with apple rings.

Combine the brown sugar, flour and cinnamon and sprinkle over apples; drizzle with butter.

Cover and bake at 350° for 40-50 minutes or until squash and apples are tender.

Chocolate Peanut Butter Cups

By SUSIE

What? Me writing a recipe for Reese Cups? There is a magical ingredient in these which makes them actually very healthy.

Ever hear of nutritional yeast? Nutritional yeast is a deactivated yeast related to brewer's yeast, which is used as a fermentation agent in beer making. The yeast is grown on a food source (like molasses) and is then harvested, heated, dried and crumbled. This process deactivates the yeast, and creates a wonderfully nutty, tasty and versatile ingredient.

I recommend vegans add this to their diet to maintain proper B vitamin levels, but all of us can benefit from this remarkable and tasty product. It takes on a cheese like flavor in many recipes (I know...you don't want your candy to taste like cheese) but in this recipe it makes the peanut butter taste just like the kind in those Reese cups you grew up with.

Check the nutrition content in a serving of the yeast:

•180% Daily Value B1 (Thiamine)
•160% Daily Value B2 (Riboflavin) • 70% Daily Value B3 (Niacin) • 140% Daily Value B6 (Pyridoxine) • 40% Daily Value Folic Acid • 40% Daily Value B12 • 3 grams protein • 1 gram fiber



RECIPE: (makes about 6 large cups or 12 small)

3 tablespoons organic peanut butter (not the kind with sugar, just peanuts and salt)

1.5 tablespoons nutritional yeast (I use Bragg's Brand)

1/2 cup Enjoy Life Chocolate Chips (healthier, limited ingredient chocolate chips) (the minis melt quickest)

Simply melt the chocolate and pour into baking cups (the paper kind) about 1/3 way full. Place in freezer.

Mix the peanut butter and nutritional yeast together.

Once chocolate is firm, place the mixture in the center of the chocolate cups and taper out towards the edges. Pour more chocolate over the peanut butter to cover.

Place back in freezer. When done, these do not have to be kept frozen but do need to be placed in a container or baggie. Enjoy!

'Spanish' Flu Epidemic Topic Thursday At Historical Society

Quincy Historical Society curator Alexandra Elliott and executive director Ed Fitzgerald will shed light on one of the darkest corners of Quincy's modern history in a program tonight (Thursday) at 7 p.m. at the Adams Academy.

In 1918 the "Spanish" flu swept across the world, killing as many as 100 million. In the deadly second wave of the epidemic that fall,

Quincy, located next to the national epicenter of Boston, was among the earliest and hardest hit. And yet, within months the pandemic disappeared from public memory.

Massachusetts' Chief Surgeon, W. A. Brooks, commented, "Perhaps it is just as well that all of its horrors should not appear in print."

The program will recount

the remarkable sequence of events in Quincy as the number of deaths overwhelmed medical, funerary, and civic resources and as city officials and the United States Navy took extraordinary measures to battle the disease. It will explore some of the theories why this pandemic, which caused more deaths in a year than the fabled Black Death caused in a century, was forgotten and why Quincy, whose experience was in many respects unique, similarly let the epidemic fade from the collective consciousness.

Everyone is welcome to attend. There is no admission charge.

Six Students On Lasell Dean's List

Six students from Quincy have been named to the Dean's List for the fall semester at Lasell College in Newton.

They are:

Kimberly Andrews, Ciara Flaherty, Emma Papile, Riley Driscoll, Gabriella Bertoldi and Cathleen Veiga.

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Health Benefits Of Dark Chocolate

A Message From Ruth Jones, Director Of Nursing, Quincy Health Dept.

By RUTH JONES
BSN, RN, BC, CP-FS

Dark chocolate is packed with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the top sources of antioxidants.

Research reveals that dark chocolate can improve your health and lower the risk of heart disease. Dark chocolate is created by adding fat and sugar to cocoa. It differs from milk chocolate in that it contains little to no milk solids.

It is also known by other common names, including bittersweet and semisweet chocolate. These vary in sugar content, but can be used interchangeably in cooking and baking.

Unfortunately, my favorite, white chocolate, made with cocoa butter, sugar and milk, contains a good amount of calcium, but it isn't healthy because it doesn't supply significant doses of other essential nutrients to make up for the high calorie, sugar and fat content. Thus, dark chocolate is a better choice.

If you buy quality dark chocolate with a high cocoa content, then it is relatively nutritious. It contains a generous amount of soluble fiber and is loaded with minerals.

A 100-gram bar of dark chocolate with 70-85% cocoa contains:

- 11 grams of fiber
- 67% of the RDI for iron
- 58% of the RDI for magnesium
- 89% of the RDI for copper
- 98% of the RDI for manganese
- It also has ample potassium, phosphorus, zinc and selenium

However, 100 grams (3.5 ounces) is a substantial amount and not recommended to be consumed daily. It also contains 600 calories and moderate amounts of sugar.

Consequently, dark chocolate is best eaten in moderation. The fatty acid profile of cocoa and dark chocolate is also outstanding. The fats are mostly saturated and monounsaturated, with minute amounts of polyunsaturated fat. It also includes caffeine, but the amount is very small compared to coffee.

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Also be mindful that a lot of the chocolate on the market is not healthy. Choose quality dark chocolate with 70% or higher cocoa content. Dark chocolates typically contain some sugar, but the amounts are usually small and the darker the chocolate, the less sugar it will contain. Chocolate is one of the few foods that taste delicious while providing considerable health benefits.

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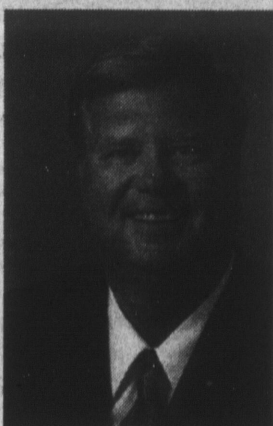
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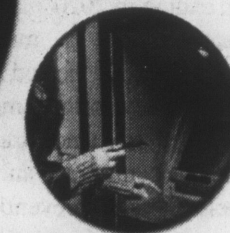
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Don't Pass By On The Other Side

The Clergy Corner

By DAVID GODFREY

A good Samaritan comes in many forms. There are the Good Samaritan road service folks ready to come to our aid when the ol' clunker breaks down, and you might be surprised to know that all fifty states have some sort of Good Samaritan laws on their books.

Then there's the parable of the Good Samaritan in the Bible. Jesus tells of a traveler who was attacked by thieves and left along the road to die. First a priest comes by, and not wanting to get involved passes by on the other side. Then a Levite, also not wanting to become embroiled passes up the opportunity to help. Finally a Samaritan comes along and has compassion on him, bandages his wounds and gets him back on the road to health.

Jesus goes on to say, "Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves? And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou

likewise" (Luke 10:36,37) Passing by anyone in need is not an option according to Jesus. He expected his followers then and now to do the same.

Here's one of many other biblical examples.

"There cried a certain woman of the wives of the sons of the prophets unto Elisha, saying, Thy servant my husband is dead; and thou knowest that thy servant did fear the Lord: and the creditor is come to take unto him my two sons to be bondmen.

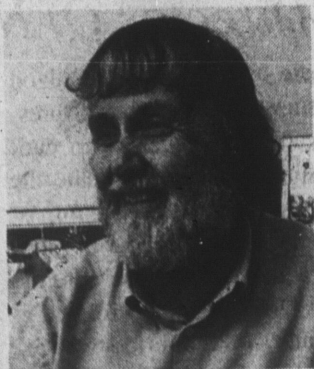
"And Elisha said unto her, What hast thou in the house? And she said, Thine handmaid hath not any thing in the house, save a pot of oil. Then he said, Go, borrow thee vessels abroad of all thy neighbours, even empty vessels; borrow not a few. And when thou art come in, thou shalt shut the door upon thee and upon thy sons, and shalt pour out into all those vessels, and thou shalt set aside that which is full... And it came to pass, when the vessels were full, that she said unto her son, Bring me yet a vessel. And

he said unto her, There is not a vessel more... And he said, Go, sell the oil, and pay thy debt, and live thou and thy children of the rest" (Second Kings:4:2-7).

Expressing care for others needn't, of course, be limited to life and death situations. We all face, often daily more routine challenges that could benefit from a helping hand. Recently, as I was getting back into my car from a grocery run, the woman parked next to me unwittingly set off her car alarm, and it quickly became obvious she didn't know how to shut it off.

A man came running up and impatiently hollered "START THE CAR!" When that didn't work, he threw up his arms and stomped off. I hopped out and showed the woman the button to push on her key fob that immediately silenced the alarm. She let out a big sigh of relief. Then smiled and said "THANK YOU!" I said Merry Christmas, and after returning the greeting she very happily drove off.

Mary Baker Eddy, who founded Christian Science, says in Science and Health



DAVID GODFREY

with Key to the Scriptures, a book intended to help all those suffering and weary beside the road, "Millions of unprejudiced minds — simple seekers for Truth, weary wanderers, athirst in the desert — are waiting and watching for rest and drink. Give them a cup of cold water in Christ's name, and never fear the consequences."

David Godfrey is a Christian Scientist. He has previously conducted worship services as First Reader and is currently serving on his church's Executive Board and is Chairman of its Lecture Committee.

Editor's note: Local clergy are invited to submit an article focusing on faith and religion. Email the editor at: thequincysun@verizon.net

Social Security Matters

Confused About Enrolling In Medicare, Social Security

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I will be 64 years old in 2019 and thinking about Social Security. My full retirement age is 66 and 2 months, and I'm trying to figure out the best way to get the most out of my retirement. I have a lot of questions, but just need to know the right direction to go. I've been told by family members that I have to sign up for Medicare by the age of 65 even though I can't get full benefits from social security until I am 66 and 2 months. I don't understand exactly how that works. Do I have to pay out of pocket for Medicare until my Social Security starts? Can my wife get benefits from me? Thanks in advance. **Signed: Confused**

Dear Confused: Medicare and Social Security are two independent benefit programs, even though you enroll in Medicare through Social Security. You do not need to enroll in both at the same time. You can wait until you reach your full retirement age, or up to age 70, to take your Social Security benefits, but age 65 is when you should enroll in Medicare for your healthcare coverage. You have a 7-month window to do that, starting 3 months before the month you turn 65 and ending 3 months after the month you turn 65.

If you have other "creditable" healthcare coverage from your or your spouse's employer, you can decline enrolling in Medicare Part B (coverage for doctors and other outpatient services) and thus avoid the Part B premium. Medicare Part A is free because you are also eligible for Social Security (but you don't need to claim SS to get Medicare Part A).

If you do not have other creditable healthcare coverage, you should enroll in both Medicare Part A and B at age 65 and, at that time, make arrangements with Medicare to pay the premium directly (2019 base premium is \$135.50/month), which can be done three different ways: You can set up an automatic payment from your bank, you can complete a form requesting Medicare to automatically debit your bank account on the 20th of each month, or you can be billed directly and pay by check, money order or credit card in three month increments using coupons they will provide. By enrolling in Medicare at age 65 you avoid any potential late enrollment penalty if you enroll later.

You can enroll in Medicare either online at www.ssa.gov, or by contacting your local Social Security office directly (find it at www.ssa.gov/locator). Then later, after you claim your Social Security benefits, Social Security will automatically deduct your Medicare Part B premium directly from your Social Security payment. At age 65, you should also seek creditable prescription drug coverage (known as Medicare Part D), because if you don't take a Part D plan within your initial enrollment period you'll be subject to a late enrollment penalty if you take a Part D plan later.

As for your wife getting benefits from you, I'm not clear if you're referring to Medicare benefits or Social Security benefits. If your wife isn't eligible for Medicare on her own (doesn't have enough Social Security credits) she can enroll on your record when she turns 65. If you are referring to your wife getting Social Security spousal benefits from you, she may be able to when you have started to collect your own benefit, if she is at least 62 and if any benefit she is due on her own is smaller than she is eligible for as your spouse.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit the website amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

ISS Announces New Board Appointments

Interfaith Social Services recently elected new officers and voted in a new member at large to their Board of Directors.

Board member Bernard DaSilva, director of National Financial Systems at Blue Cross Blue Shield of Massachusetts, was elected president for a two-year term, ending in 2020.

Interfaith is a multi-service agency located in Quincy. They offer emergency food assistance, mental health counseling and a homelessness prevention programs to residents of the South Shore.

DaSilva, a native of St. Vincent and the Grenadines who now lives in Brockton, has been with Blue Cross Blue Shield of Massachusetts for more than 30 years. In his current role, he is responsible for the financial systems and stewardship of

billions of dollars in financial transactions between Blue Cross Blue Shield plans nationwide. DaSilva holds a bachelor's degree from Northeastern University and an MBA from University of Phoenix. He was introduced to Interfaith through a Blue Cross volunteer program and has served on their board since 2013.

"I recognized at a very young age the struggles and hardships of the less fortunate who are unable to provide some of the basic necessities for themselves," DaSilva said. "I was drawn to Interfaith because their programs provide groceries, counseling and homelessness prevention services for thousands seeking assistance."

During his term, DaSilva aims to ensure that Interfaith has the funding to meet the current and unexpected



BERNARD DASILVA, Interfaith Social Services' new board president, helps unload the food rescue van during the 2018 Board In-Service Day. DaSilva, an employee of Blue Cross Blue Shield of Massachusetts, has served on Interfaith's board since 2013. Photo courtesy Interfaith Social Services

needs of clients, as well as assess operations and services to seek improvements.

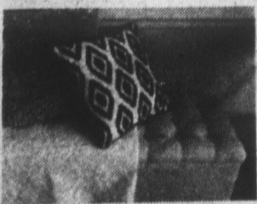
Interfaith's board has also elected new officers for 2019. Gabriel Arato, of Quincy, will serve as first assistant president. Jay Marvin, of Hingham, was elected second assistant president. Tom Dineen, of Hingham, will serve as first assistant treasurer and Stephen Greene, of Quincy, was elected second assistant treasurer.

Terrel Harris, of Brain-

tree, was also voted onto the board as a member at-large. Harris is a former broadcast journalist and served in Governor Deval Patrick's administration as communications director for Massachusetts' Executive Office of Public Safety and Security.

Interfaith Social Services invites members of the public interested in joining the Board of Directors to contact Executive Director Rick Doane at rdoane@interfaithsocialservices.org or 617-773-6203 ext. 17.

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New Name, Same Mission For Quincy 2000

It's Now The Quincy Economic Development Corp.

Quincy 2000, created in 1992, under the Sheets administration, to foster economic development in Quincy has officially changed its name to the Quincy Economic Development Corporation (QEDC).

The non-profit corporation will continue its mission to work with, and assist the Koch administration develop a vibrant business community by helping to grow the entrepreneurial base of the city.

The Quincy Economic Development Corporation will continue to be a part of the Quincy Chamber of Commerce, focusing its energy initially on revitalizing downtown Quincy. Its first accomplishment will take

place later this spring when it opens downtown Quincy's first co-working space at 1400 Hancock St. (Granite Trust Building).

A state grant from the Governor's Office of Economic Development, through Mass Development's Collaborative Workspace Program, along with a federal grant allocation from Quincy's Community Development Block Grant (CDBG) Fund will allow the QEDC to build out the downtown's first co-working incubator space.

Incubate Quincy 1400 (IQ1400) will offer 10-12 entrepreneurs and start-ups, state-of-the-art, MBTA accessible, work spaces to

create and grow their new businesses, enhancing the already robust pace of business and job creation in Quincy Square. Work spaces will be rented out on a month-to-month basis and QEDC's programs will include a variety of events and seminars to help these individuals and companies, as well as others throughout the city, the chance to become the next "Quincy Business Success Story!"

The newly elected officers of the Quincy Economic Development Corporation are Anthony Agnitti, chairperson; Michael Feenan, vice chairperson; Tom Kelly, treasurer; Rich Gormley, secretary; and Executive Director Tim Cahill.



NEWLY ELECTED OFFICERS of the Quincy Economic Development Corporation, formerly Quincy 2000, are from left to right: vice chairperson Michael Feenan; treasurer Tom Kelly; chairperson Anthony Agnitti; secretary Rich Gormley and executive director Tim Cahill.

Photo Courtesy Quincy Economic Development Corp.

John F. Sullivan Memorial Flag Flying At Mount Wollaston Cemetery

A new memorial flag is flying at Mount Wollaston Cemetery at the main flag pole over looking the Veterans section at the World War II podium.

The flag is flying in memory of John F. Sullivan, Jr. of the Norfolk Downs section of Quincy.

Mr. Sullivan was a World War II veteran who served

in the European Theater during the war.

He was born in Boston on Sept. 24, 1923 and graduated from North Quincy High School in 1942.

Shortly after graduation John joined the U.S. Army on March 5, 1943 and served until April 1, 1946 as a Tech 4.

Mr. Sullivan died on Oct. 2, 2004 and is buried at Blue

Hill Cemetery in Braintree.

The flag will continue to fly over and look over veterans' graves until the flag is ready to be disposed. Anyone interested in donating a love one's flag to fly over the veterans' section should contact George Bouchard at the Quincy Veterans Services at 617-376-1194 or email gbouchard@quincyma.gov.

Merrimack Valley, Bridgewater Credit Unions Merge

Merrimack Valley Credit Union (MVCU) and Bridgewater Credit Union (BCU) are now one entity, forming one of the 10 largest credit unions in Massachusetts with \$1 billion in assets.

While the combined organization will be called

Merrimack Valley Credit Union, Bridgewater Credit Union will operate as "Bridgewater Credit Union, a division of Merrimack Valley Credit Union."

BCU has aligned its rates and fees to match MVCU's rate and fee structure. This

alignment has allowed BCU to eliminate or reduce more than half of its fees.

For more information about Merrimack Valley Credit Union and Bridgewater Credit Union, visit <https://www.mvcu.com> or <https://www.bridgewatercu.com>.

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Affordable Housing Waitlist Opportunity

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Hancock Court is re-opening the Waiting List and taking applications for 1 or 2 bedroom subsidized apartments for the Elderly (62+), Handicapped, or Disabled.

Income Guidelines: To qualify for these apartments, very low-income limits apply. All applicants will be screened for eligibility. Maximum income for:
1 person=\$37,750.00 yearly
2 people=\$43,150.00 yearly

How to get an application: Applications will only be available starting Monday, February 4 at 9AM through Thursday, February 28, at 4PM at which time no further applications will be given out.

You may obtain applications in several ways during the application period:

- 1) You may call 617-773-9542/TDD users call 711, Monday through Friday 9AM to 4PM and ask for an application to be mailed to you.
- 2) In person at the Management Office located at 25 School Street, Quincy, MA Monday through Friday 9AM to 4PM or...
- 3) At the Thomas Crane Public Library, 40 Washington Street, Quincy Monday-Thursday: 9AM to 9PM, Friday: 9AM to 5PM Saturday: 9AM to 5PM, Sunday: 1PM to 5PM
- 4) E-mail address: HancockCourt@marinabaymgt.com

Returning completed applications: Applications must be returned by mailing, faxing, or bringing to the office no later than Monday, March 4 at 4PM.

- Your Placement on the Waiting List will be decided by RANDOM SELECTION LOTTERY so there is no need to come in person or to come early and wait in a long line to get your application.
- If your application shows that you are eligible, your Placement on the Waiting List will be decided by a LOTTERY on Thursday, April 4, in the Hancock Court lobby, 25 School Street, Quincy, MA at 1PM.
- You do not need to be present to be included in the LOTTERY.

Minimum household size of at least one person per bedroom required.

Use and Occupancy restrictions apply.

For more information or reasonable accommodations for applicants with disabilities, call Hancock Court Management Office 617-773-9542/TDD users call 711/ Fax: 617-847-6332



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February Children's Events, Activities At Crane Library

By JULIE RINES

Thomas Crane
Public Library

The Thomas Crane Public Library announces the following events and activities for children during the month of February.

Winter Reading Challenge

Try something new this winter! Sign up for our Winter Reading Challenge. Sign up online or on the Beanstack Tracker app or stop by any Thomas Crane Public Library location to sign up and pick up a Bingo card.

Use your Bingo card or log online or on the app to track your reading. Each book read and logged earns you a point toward our end of challenge raffle.

This program is for children ages 0-12 years old and runs from Jan. 2nd to Feb. 28th. Prizes will be drawn the first week in March.

Winter Storytimes

Weekday storytimes begin Friday, Jan. 25th. Morning storytimes are offered for children ages 4 months to 5 years old. Wednesday evening storytime is offered for ages 1-5 and Wednesday afternoon storytime for ages 6-8 is offered at the Wollaston Branch library. Please check our website for drop in program information.

Science Saturday - Winter Science

Join us on Saturday, Feb. 9th at 10 a.m. for a hands-on exploration of winter, snow and ice.

Explore some wintry science this month! Learn about snow, ice, and how they melt with several different science activities. We'll be melting ice in different ways, playing around with slippery surfaces to learn about friction, and you can make your own snowflake after looking at how real snowflakes look up close!

This program is recommended for children ages 5 and older accompanied by an adult.

Valentine Card Exchange

Children of all ages are invited to join us on Wednesday, Feb. 13th from 3 to 4 p.m. to create and exchange Valentines with seniors from Town Brook

House. We'll have plenty of supplies on hand for you to use in crafting your cards.

Preschool Discovery @ Wollaston

Drop by the Wollaston Library with your preschooler, ages 3-5, any time between 10 and 11 a.m. on Thursday, Feb. 14th to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Explore shapes and patterns this month by sorting shapes, matching patterns, and making pictures using shape blocks.

Book Clubs for Kids

Do you like to read? Would you like to talk to others about books? Then you will like our book discussion groups. Join us each month to discuss all kinds of books.

The Night Owls Book Club for children in grades 3 and 4 meets on the second Thursday of each month, this month on Feb. 14th at 7 p.m. at the Main Library.

This month we will be reading Rutabaga, the adventure chef by Eric Colossal.

Rutabaga and his magic cooking pot, Pot, join young adventurers Winnifred, Manny, and Beef on a quest to defeat a dragon, discover new ingredients, find monsters to have for and/or to dinner, and to save the day through cooking. Rutabaga will dare any danger to uncover new tastes, and there's a whole world full of food to try—from roasted mud leech to spider soup to peanut butter on crackers.

Pick up a copy of Rutabaga, the adventure chef at the main library children's desk to read before our meeting.

The Phoenix Book Club for children in grades 5-8 meets on the second Tuesday of each month to discuss a variety of books. The Club will meet on Feb. 12th at 7 p.m. at the Main Library.

This month we will be discussing Award Winners. Each year the American Library Association gives out many different awards to authors and illustrators. The most well-known children's literature awards are

the Newbery and Caldecott medals, but those aren't the only ones.

This month we'll be reading books that have won the Newbery, Caldecott, Coretta Scott King, Batchelder, Sibert, Schneider, and Belpre awards in the past several years. Pick an award winner and decide for yourself if you think it deserved to win.

Too busy to join us this month? Stop by the library anytime to find out what we'll be doing next and join us then.

Saturday Storytime with Sparky's Puppets

Join us on Saturday, Feb. 16th at 10:30 a.m. for a puppet show with Sparky Davis.

Celebrate the winter season as Sparky's Puppets perform "Stories from Snowy Lands". Watch Jack Frost's magic bring a snowman to life. See all of the animals come into the farmhouse on a winter's day. Laugh at the antics of a boastful bear that goes ice fishing. And visit a shoemaker's shop on a winter's day. Other wintry tales will complete the program.

Sparky's Puppets dramatize favorite children's stories with colorful puppets, lively humor and plenty of audience participation. They have performed in schools, libraries and festivals throughout New England for over 38 years.

This puppet show is presented especially for toddlers and preschoolers accompanied by an adult. No registration is required.

Mother Goose Toy Time for ages 9 to 23 months

Come to the library on Tuesday, Feb. 19th at 10 a.m. for a free playtime session with your baby, ages 9-23 months full of age appropriate toys and activities plus socializing with other children and caregivers.

A fun time for all and a chance to practice large and small muscle development. This program is for children ages 9-23 months accompanied by an adult.

Mad Science presents Sounds Like Science

Make waves and make some noise at this fun and funky science show on Tuesday, Feb. 19th at 3 p.m.

The Mad Scientist will create a crazy cacophony

with a garbage can, a swinging sound tube and a metal pipe! Children will cheer as potatoes pop! What are all the kids talking about? Sounds like Science.

This wild and fun participatory science show is for children ages 5 and older accompanied by an adult.

Dungeons and Dragons Encounters

New and experienced players ages 10 to 15 are invited to join us on Tuesday, Feb. 19th at 7 p.m. in the Main Library Children's Room for this introduction to D&D 5th edition game play. Take on the role of a fantasy hero in this monthly Dungeons and Dragons game.

We will help you customize an Adventurer's League D&D character you can use both in our monthly adventures and at other D&D Organized Play. If this is your first time joining the group please arrive early, about 6:45, to create your character so we'll be ready to play when everyone else arrives.

Your group of adventurers will start out at level one and take on the module from the 5th Edition D&D Starter Set. Unravel the mysteries of the Lost Mine of Phandelver and what monsters and treasures lie within!

Children's Movie Matinee @ Adams Shore - Willy Wonka and the Chocolate Factory

Join us at the Adams Shore Branch on Wednesday, Feb. 20th at 3 p.m. for a showing of the Gene Wilder classic Willy Wonka and the Chocolate Factory.

Charlie Bucket finds one of the Golden Tickets that will take him on an amazing tour of Willy Wonka's magical chocolate factory.

Rated G Runtime 98 min

Messy Art - Snowflake Fun for ages 3 to 7

Join us on Wednesday, Feb. 20th at 2:30 p.m. for some messy winter-themed art as we paint snowflakes using tape, marshmallows, and even ice!

This program is for children ages 3-7. DRESS TO GET MESSY.

LEGO Building at Wollaston

Drop in on Thursday, Feb. 21st from 9:30 a.m.

4:30 p.m. for free-play LEGO building. Grab some LEGO bricks and build a boat, a spaceship, a double-decker couch - anything you want, then toss them back and try to make something else. LEGOs must be returned by the end of the program, sorry! Parents please note that regular LEGO are intended for children ages 5 and older. DUPLO and other building toys will be available for younger children.

Childrens Movie Matinee @ North Quincy - Incredibles 2

Join us at the North Quincy Branch on Thursday, Feb. 21st at 2 p.m. for a showing of Incredibles 2.

Mr. Incredible is left home with the kids when Elastigirl becomes the new face of superheroes. Things get tricky when Mr. Incredible has to deal with Jack Jack's unpredictable powers and Elastigirl confronts a new super villain, Screenslaver.

Rated PG Runtime 118 min

Preschool Discovery @ Adams Shore

Drop by the Adams Shore Library with your preschooler, ages 3-5, any time between 3 and 4 p.m. on Thursday, Feb. 21st to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Explore shapes and patterns this month by sorting shapes, matching patterns, and making pictures using shape blocks.

Join us for this new monthly science program at Adams Shore on the third Thursday of each month for science fun.

Fun with Chocolate for ages 8 and older

Children ages 8 and older are invited to join us on Friday, Feb. 22nd at 10 a.m. for fun with chocolate. Enjoy chocolate on a cold winter day with eating, activities and fun. Play some chocolate-themed games, including a Hershey's Kiss unwrapping relay. Roll your own truffles in custom toppings. Dip into a fondue pot, while learning some little known chocolate trivia.

Registration is required. Beginning Monday, Feb. 4th, register online, in person or by calling 617-376-1300 x4. Due to space limitations, this program is limited to Quincy residents.

Allergy warning: there will be nut and chocolate products involved.

Registration is required. Beginning Monday, Feb. 4th, register online, in person or by calling 617-376-1300 x4. Due to space limitations, this program is limited to Quincy residents.

Allergy warning: there will be nut and chocolate products involved.

Saturday Storytime @ North Quincy

Join children's librarian Cathy deVeer and Quinn Z. Bear at the North Quincy Branch, on Saturday, Feb. 23rd at 10 a.m. for a Dr. Seuss Storytime full of stories, songs and more.

This program is for children ages 2-5 accompanied by an adult. No registration required.

Preschool Discovery @ North Quincy

Drop by the North Quincy Library with your preschooler any time between 11 a.m. and noon on Saturday, Feb. 23rd to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Explore shapes and patterns this month by sorting shapes, matching patterns, and making pictures using shape blocks.

All programs sponsored and supported by the Friends of the Thomas Crane Public Library.

Free Legal Clinic April 2

The Bar Association of Norfolk County will sponsor a free legal clinic at Quincy District Court Tuesday, April 2 from 6 to 8 p.m.

A panel of attorneys experienced in all areas of the law will be available for a one-on-one consultation with you to discuss legal questions. All consultations are confidential.

For those who wish to telephone, rather than visit the clinics, the Bar Association will assist you with a free referral by calling

617-471-9693. You will be referred to an attorney who specializes in your legal matter. The referral service is a full fee paid service covering personal injury, automobile accidents, estates/wills, criminal, consumer, real estate and more.

For more information, contact Adrienne Clarke, Bar Association of Norfolk County at 617-471-9693 or admin@norfolkbarassn.org.

A legal clinic is also scheduled for Tuesday, Aug. 6 at Quincy District Court.

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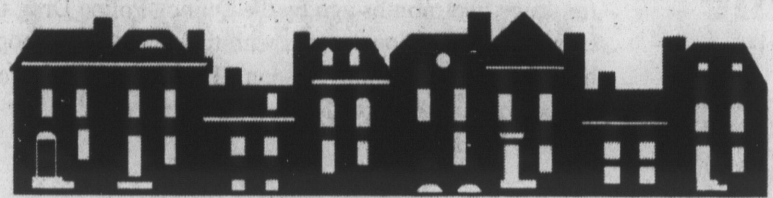
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Real Estate

Quincy Real Estate Transactions Jan. 28 - Feb. 1

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Galvcon Development LLC	GU Hancock Street Trust	\$555,500.00	2 Cliveden Street Unit 205E
Christopher P. & Chad R. Langley	Kevin & Kiana Yang	\$440,000.00	50 Des Moines Road Unit C3
David C. Young & Danah J. DeMartin	Thuy A. Nguyen	\$369,000.00	20 Westford Street Unit F
Thomas & Maureen Walsh	Henderson & Yung Li	\$640,000.00	23 Grove Street
JAAP LLC	M&B Nominee Trust	\$530,000.00	15-17 Douglas Street
Robert J. & Carolyn Fitzpatrick	Curlew Quincy LLC	\$370,000.00	44 Carruth Street
Ying K. & Ann F. Yu	Jiaxin Cai	\$420,000.00	166 Quincy Shore Drive Unit 107
300 Congress Street LLC	Tam Healing LLC	\$456,800.00	300 Congress Street Unit 312
Hamilton Bay Apartments LLC	Praveen V.N.L. Nittala	\$350,000.00	165 Quincy Shore Drive Unit C-76
Cheryl J. Durant	Charley Z. Wu & Aiping Lin	\$320,000.00	10 Weston Avenue Unit 220
Mary E. Kerwin	Yanzhen Chen	\$480,000.00	41 Cummings Avenue
John F. Clarke & Julie B. Flanagan	John C. Meyer & Lin Wang-Meyer	\$410,000.00	64 White Street
Samuel Y. & Helen H. Sung	Antonio Varone	\$672,000.00	44 Summer Street
Veronica J. Mormino	David Ventura	\$106,000.00	59 Parkhurst Street
Clark Magnan & Carla E. Dash	Tianxin Ma & Yuen Huang	\$402,000.00	9 Sumner Street
MPT 1200 LLC	Foxrock Mark Five Realty LLC	\$6,925,000.00	1200 Hancock Street
Ellen Martin	Michael F. & Ashley B. Chandler	\$403,500.00	10 Charles Street
Irene Mahoney & Susan Russell	8Zero Turner-Royal Estates Property Management LLC	\$205,000.00	80 Turner Street
Peter B. Murray & Libby L. Chiu	Christine Kenney & Patrick J. Maloney	\$400,000.00	160 East Elm Avenue
23 Bailey Street LLC	Albert Lee	\$571,000.00	23 Bailey Street Unit 2
William P. Phillip	Phillip-Soter Trust	\$300,000.00	36 Parker Street
Volpe Irrevocable Trust	Zainab Ali	\$735,000.00	138 Madison Avenue
Kenneth W. Leach, Jr.	Thomas & Sara Burns	\$467,000.00	470 Adams Street Unit 3
Frederick J. Barry & Lisa K. Jachowicz	Weiyan Zhang & Chunhao Li	\$464,000.00	100 Marina Drive Unit 316
Aly G. & Kathleen M. Pinder	Peter Hogan & Rose Anne Negele	\$580,000.00	128 Lansdowne Street
Ogunseinde Family Holding Company LLC	Jocelynann & Elizabeth Spellberg	\$305,000.00	21 Linden Street Unit 137
Christopher J. Mannion & Siobhan M. Raftery	Thomas V. Mannion	\$430,000.00	48 Harriet Avenue
Robert J. & Danielle Q. Forte	JAKATY Realty Trust	\$665,000.00	226 Marina Drive Unit 3-6
Timothy P. & Kelly Riordan	Michael Moschetto & Anne Marie Sivertson	\$450,000.00	90 Gridley Street
Virginia Soule	Andy Man Wong	\$220,000.00	133 Commander Shea Blvd. Unit 715
Thomas & Ann T. Le	Chi N. Huynh	\$300,000.00	224 Palmer Street
Jean M. O'Hara	Kurt Vonkahle	\$735,000.00	161 Lansdowne Street

Register O'Donnell Promotes Protection Against Real Estate Fraud

Norfolk County Register of Deeds William P. O'Donnell reminds county homeowners of a free online Consumer Notification Service offered by the Registry of Deeds to protect county property owners against fraud.

"The Federal Bureau of Investigation (F.B.I.) continues to assign resources to combat property/deed and mortgage fraud," O'Donnell said. "Many jurisdictions across the country have reported unscrupulous indi-

viduals recording fraudulent land documents making it appear they own another person's home or property.

"Fortunately, we have not seen this type of crime take place in Norfolk County. My intent here is not to upset county property owners but to make sure my office is out front vigorously protecting consumers."

Any owner of real property in the 28 communities comprising Norfolk County can join the more than 925 homeowners already utiliz-

ing the service by signing up for the Consumer Notification Service free of charge by doing the following: go to the Registry's website www.norfolkdeeds.org, and click on the Consumer Notification Service Get Consumer "Alerts" button to complete the initial registration. From there, follow the remaining sign-up instructions.

Once you have signed up for the service, each subscriber will be able to input two names, individual or business, and the cor-

responding city or town in Norfolk County for monitoring. They can monitor their real estate records for such activities as changes in deeds, mortgages, mortgage discharges, non-mortgage liens, Homesteads or other land documents that might be recorded against the property.

"The process to sign-up for the service is user friendly and will only take a few minutes," O'Donnell said. "This free program will not prevent the fraud, but it will

allow residents to find out about it quickly."

If a document is recorded against one of the names inputted for monitoring, the subscriber will be alerted via email, usually within 24 hours. The person can check the Registry's online land research records as an option. If a subscriber believes a fraudulent land record has been recorded against their property, they should then immediately contact the Norfolk County Registry of Deeds Customer Service Center at (781) 461-6101. After talking with a Registry employee, the subscriber will be given a list of public safety referrals by the Registry.

"As Norfolk County Register of Deeds, I am focused on our core mission which is to record land documents

in a secure, accurate and accessible manner. I also want to be proactive in taking any and all steps at our disposal to minimize the potential for fraudulent activity related to land document recordings," O'Donnell said.

"The Registry's Consumer Notification Service provides a level of protection to the program's subscribers against dishonest individuals who would attempt to commit real estate or land document fraud. After all, the biggest asset most of us have is our home. I urge people to sign up for this program."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and instagram.com/NorfolkDeeds.

Quincy Quarry Museum Meeting Feb. 20

The Quincy Quarry and Granite Workers Museum's February meeting will feature a presentation by Les Tyralla a museum member and registered geologist on the granite quarries of Devon and Cornwall the UK.

The mining history of this region, like most of the UK and Ireland, can be traced back to at least 2150 BCE with the mining of tin and copper. Concerning the granite quarry industry, two of the most important quarries in the UK occur in the English counties of Devon and Cornwall.

A vast igneous magma chamber underlies most of these two counties and part of the Celtic Sea and portions of these granite

bodies are now within the Dartmoor National Park. Through geologic time, erosion has exposed several tens of square miles of this deep-seated chamber. Compared to the Quincy quarries, these Dartmoor quarries are relatively large, shallow excavations rather than our already small, deep pits as in Quincy.

The Dartmoor granite is a light-colored granite similar to our Chelmsford granite rather than the dark colored Quincy granite.

Tyralla has gathered together historic images, plus photos, ranging from undisturbed granitic outcrops to the disused quarry pits to final transportation of stone to market. Of inter-

est to our museum about the early transport of the Dartmoor granite blocks mostly to the coastal town of Teignmouth, is that it's generally similar to the early transport of Quincy granite to the Neponset River. This is to say, granite pieces and blocks served as the early railway until standard railroad structures (gravel, bal-

last and wood crossing ties supporting continuous iron rails) reached the respective quarries in Victorian times.

The meeting will be held on Wednesday, Feb. 20th at 7 p.m. at the Quincy Historical Society, 8 Adams St., Quincy Center.

The public is welcome to attend.



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On Sunday, Jan. 27, at approximately 9:37 p.m., Officer Mark Millane responded to Buckley Street to investigate a past breaking and entering call.

The male victim told the officer that he left his residence on the 25th for a trip and just returned home. As he entered his residence through the front door he could see that his back door was wide open. Officer Millane asked the victim if he locked the door before leaving for the trip and he said that it was possible that he did not.

As the victim walked through his apartment he observed a book that was kept in his bedroom but was now on a coffee table in his living room. With the back door open and the book moved, the victim realized that someone had been in his apartment. Upon closer inspection, the victim determined that a black Samsonite suitcase containing a Dell Ultra book lap top computer, a Jabra speaker, head set and clothing were missing from his bedroom. He estimated the value of the Dell laptop is valued at around \$1,000 and the Jabra speaker and head set about \$200. He added that his U.S. Passport was also missing.

As the officer and victim walked through the apartment looking for evidence, the victim pointed to a 12-ounce can of Coors Light beer sitting atop of a bureau and said that it was not his. Officer Millane, who is assigned to the patrol area immediately linked a call from the prior evening of a male who resided a few houses away and was found wandering around in numerous back yards on nearby Suomi Road and Smith Street. On that night, one Suomi Road resident who called the police said that she had a 30 pack of Coors Light beer taken from her back deck.

Officer Joe Paccioretti located the suspect that night in the rear yard of 78 Suomi Rd. putting a case of Coors Light beer into the trash container in the back yard of that address. Officer Millane believed the suspect from that night could be the same suspect who entered the victim's apartment because the two residences were adjacent to each other.

Officer Paccioretti arrived on scene to assist in the investigation.

A Job Well Done

By QUINCY POLICE LT. DAN MINTON



LT. DAN MINTON

tigation. The officers went across the street to the rear of 78 Suomi Rd. where Officer Paccioretti opened the trash container and saw the 30 pack of Coors Light beer. This case had a blue shirt wrapped around it that Officer Paccioretti took off and asked the victim if it belonged to him. The victim said it was his shirt. There were seventeen 12-ounce cans of Coors Light left in the case, which Officer Millane took into evidence with the Coors light can recovered from the victim's apartment. Officer Paccioretti then found a black Samsonite suitcase behind the trash container where the Coors Light beers were. The victim confirmed the case was his as well as the clothing inside. The Dell lap top computer, speaker and headset were missing.

Officer Paccioretti said this was the precise location where he encountered the suspect the night before. Officer Paccioretti checked the backyards and found the victim's U.S. Passport in the rear of 25 Buckley St. The officers were able to confirm the suspect's address as nearby 25 Buckley St. based on department records. They knocked on the door of the apartment and were greeted by a female. When told they were looking for the suspect, she said that he was not there and allowed the officers into the apartment which confirmed he was not there.

Officer Millane filed for a warrant for the arrest of the 29-year-old suspect for breaking and entering in the night time with intent to commit a felony and larceny from a building. As a footnote, the address where the suspect

lives on Buckley Street was involved in a search warrant for drugs two months ago by the Quincy Police Drug Unit. I started the eviction process with the landlord and hope to have these people removed soon. The suspect was arrested on the warrant the next day.

Nice Work!

SCAM ALERT: This information came from a follower on NextDoor.

"I found your email on the NextDoor page regarding the scam calls going around. I had just called the station on my work phone to report it. I just received a scam call that spoofed the Quincy Police Department's number on my personal phone. When I tried to call the station from my personal phone, it just kept ringing so they must have done something where I can't call the station from the same number they called to. It was the call where they said my Social Security would be suspended and that there were a lot of suspicious activities and transactions under my name. When I asked for their badge number and had them repeat it (for reading it off so quickly), they hung up on the 3rd time. I don't suppose there is a way to track the origination of the spoofed call?"

Unless there is actually a crime that occurred, determining who is making these calls is very difficult and commonly the offender is not someone local. Most people know that telephone calls from federal, state or local governments threatening some type of legal action against you does not happen. A letter is sent describing the situation and for you to contact the particular agency, whether it is the IRS or Social Security, which by the way are the two top agencies that scammers say they represent.

As always, if in doubt, take no action until you have called the agency by looking up the telephone number (not the number given by the scammer) and inquiring if they are looking for you - which is highly unlikely.

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics

Jan 25 - Jan 31

Calls: 938

Arrests: 27

Stolen Vehicles: 1

FRIDAY, JAN. 25

LARCENY, 12:01 p.m., 95 W. Squantum St. Snow removal equipment was stolen from the property.

BREAKING AND ENTERING, 12:57 p.m., Town River Marina, 674 Southern Arty. Golf cart stolen.

VANDALISM/PROPERTY, 7:43 p.m., Mt. Ararat Rd. Front picture window was smashed. Happened about 30 minutes ago. Rock thrown through window. Caller believes they saw a small gray Hondo/Toyota in area.

SATURDAY, JAN. 26

VANDALISM/PROPERTY, 4:08 p.m., Stoney Brae Rd. 2010 Toyota Prius in the driveway. Rear window was smashed, possibly earlier today. Just noticed now. Has heard neighbors' car windows have been smashed on the street this week. Nothing missing from vehicle. No other damage.

VANDALISM/PROPERTY, 7:21 p.m., Burgin Pkwy Ext & Quincy St. White Mazda with RI plates threw something at the caller's car. Broke the mirror. Suspect car fled to the highway.

SUNDAY, JAN. 27

ASSAULT AND BATTERY, 7:34 a.m., 38 Broad St. Two males. No weapons. Both are in the lobby. Currently verbal in nature. Criminal complaint for A&B against one male.

VANDALISM/PROPERTY, 8:39 a.m., Marriott Hotel, 1000 Marriott Dr. Guest found his tire slashed and a business car left making a comment about how he parked. No suspect info.

VANDALISM/PROPERTY, 9:45 a.m., Franklin St. Caller states paperman threw paper at door and broke the glass. When asked if it was accidental, the caller said it was "questionable" and would like to report it. Paperman still on scene. Parties to work it out on their own.

BREAKING AND ENTERING, 9:37 p.m., Buckley St. Someone broke into caller's apartment over the weekend. Passport and suitcase are missing. Caller thought he left the door open. Defendant arrested Jan. 30 on warrant for this break.

MONDAY, JAN. 28

LARCENY, 8:35 a.m., Water St.

LARCENY, 12:05 p.m., US Auto Gas Service, Adams St. Gas.

VANDALISM/PROPERTY, 12:58 p.m., West St. Caller came out to his car and saw a rock had been thrown through the window.

LARCENY, 2:24 p.m., Valvoline Oil Change, 366 Centre St. Caller states she was at Valvoline and she gave her debit card for payment. Her money is now missing. Officer going to store in attempt to solve issue.

VANDALISM/PROPERTY, 3:33 p.m., Dysart St. Caller said a male party was kicking their fence. The party ran off down the street. Caller said a party who witnessed the incident gave her a name of the person who was kicking the fence.

LARCENY, 4:33 p.m., Valvoline Oil Change, 366 Centre St. Follow up regarding prior incident. Employee called stating he has footage of the previous call. Officer viewed the footage.

VANDALISM/PROPERTY, 9:02 p.m., Walmart, 301 Falls Blvd. Car parked near the front door. Knows who damaged her vehicle. Arrest made for three warrants and malicious damage to a vehicle. Complaint against #2 for malicious damage to a vehicle.

ATTEMPTED BREAKING AND ENTERING, 9:25 p.m., Oakland Ave. Screen window was cut. Deck table pulled up under the window.

TUESDAY, JAN. 29

BREAKING AND ENTERING IN PROGRESS, 3:37 a.m., Bromfield St. Person is in the caller's backyard on the stairs. Caller cannot see the man but heard him calling for somebody. Arrest made for burglary. Defendant gave brother's name at booking. Weymouth and Braintree PD warrants found for his arrest. Charged with those and giving a false name.

MOTOR VEHICLE LARCENY, 11:11 a.m., St. Germain St. Key left in vehicle.

LARCENY, 11:45 a.m., Quincy District Court, 1 Dennis Ryan Pkwy. Wallet. Credit card was used at Family Dollar.

LARCENY, 6:28 p.m., Linden St. Just noticed flag was missing. Flag found.

LARCENY, 7:53 p.m., Bunker Hill Ln. PS4, wallet, EBT card and \$18.

WEDNESDAY, JAN. 30

VANDALISM/PROPERTY, 12:50 p.m., Lawn Ave. Keying her vehicle. Ongoing issue with neighbor's boyfriend. Arrested for malicious damage to a vehicle and threats.

VANDALISM/PROPERTY, 2:09 p.m., Southern Arty. Windshield.

LARCENY, 9:16 p.m., YMCA, 79 Coddington St. Cellphone and \$300 taken about an hour ago from locker room.

LARCENY, 9:47 p.m., Quirk Nissan, 600 Southern Arty. Dealing with Quirk Nissan and handed an employee money. He is denying he received anything. Civil matter.

THURSDAY, JAN. 31

LARCENY, 12:52 p.m., Moffat Rd. Cancer patient returned home from the hospital to find his meds stolen.

LARCENY, 2:30 p.m., Burgin Pkwy. Civil matter out of Boston.

LARCENY, 3:25 p.m., Fr. Bill's Place, 38 Broad St.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617-745-5719

STOLEN MOTOR VEHICLES: none

CAR BREAKS: 1385 Hancock St., 50 Adams St.

BREAKS AND ATTEMPTED BREAKS: Oakland Avenue (attempted), Buckley Street, (arrest made), 674 Southern Artery.

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the Drug Hotline at 617-328-4527. You will not be required to identify yourself, but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentremon at 617-745-5755.

To contact the Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@ci.quincy.ma.us -- Lt. Dan Minton

Entries in the Quincy Police Crime Prevention Journal are compiled and submitted by the Quincy Police Department.

They are published by The Quincy Sun as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Quincy Police Crime Prevention Journal list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

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Longtime Recreation Director Barry Welch Retires

54-Years With City, Iconic Leader Hopes He Gave Back As Much As Quincy Gave Him

By SCOTT JACKSON

Barry Welch, the longtime director of the Recreation Department, hopes he has made as much of a positive impact on the residents of Quincy as the department and others made on him when he was growing up in the city.

Welch, age 71, officially retired on Feb. 1, ending a career with the city that began while he was a student at North Quincy High School.

"When I was growing up, I needed this city and it was there for me — whether it be programs, directors of recreation, teachers or coaches — and I would hope on the way out that I gave back as much as they gave me, that I was a good steward," Welch said in a recent interview. "It's a great city — it really is."

Welch began his career in 1963 as a volunteer for the Happy Acres Day Camp, a summer camp for special needs children organized by the Recreation Department. He was hired as a part-time recreation leader the following summer and returned each year until 1975, when he was named assistant recreation director. Welch was hired as the director of recreation in February 1982.

Welch also served in the U.S. Coast Guard from 1966 to 1970, stationed at Point Allerton in Hull. After leaving the Coast Guard, he attended Northeastern University, where he earned bachelor's and master's degrees.

Welch called William Ryan — who was Quincy's first recreation director — a mentor of his. He credited Ryan, who held his position from 1955 to 1975, for getting him into Northeastern after the Coast Guard.

"Anyone who knows me will stop and say to me, 'Bill Ryan would be really proud.' I just followed him

wherever he went. He was integral when I got out of the service in getting me into college to study recreation. He was the founder of the Massachusetts Recreation and Park Association," Welch said.

"Afterschool rec., the boathouse, the daycare for handicapped children, free municipal programs — that's Bill Ryan. Where do I come in? I come in at Senior Olympics. I come in at the swimming pool."

The Recreation Department hosted its first Senior Olympics in 1982; they were the first municipally sponsored games of their kind in the Bay State. Nearly 200 athletes age 55 and up participate in the Senior Olympics in Quincy each year. The department also oversees the Quincy Tennis Tournament, which draws a field of 90 to 105 participants annually.

The Lincoln-Hancock pool, which first opened in 1975, has tens of thousands of visits year-round.

"It's not uncommon for the pool to do 50,000 visits in a year," Welch said.

The Recreation Department, he noted, continues to offer swimming lessons at Lincoln-Hancock for no extra charge for resident who purchase a membership there. A family membership costs \$150 a year and provides passes for two adults and their children between ages 6 and 18.

"That's one of the things I'm very proud of to this day — the swimming lessons are



LONGTIME RECREATION DIRECTOR Barry Welch retired Feb. 1 after more than 54 years with the City of Quincy, including the last 36 as director. Welch was hired as a part-time recreation leader in the summer of 1964 by former Mayor Amelio Della Chiesa. He was appointed director of recreation by former Mayor Francis McCauley in 1982, a post he served until his retirement last week. Here Welch stands with many of his cherished mementoes from his career with the city that were displayed during a retirement reception at the Koch Park and Recreation Complex on his last day as director. Quincy Sun photo/Robert Bosworth

still free to this day. They are included in the cost of your membership," Welch said. "So, if you join the pool for a year, your children are entitled to 18 days of free swim lessons, because it's not just recreation. It's important — one, for safety, but two is what good is 27 miles of waterfront if you can't swim. You're afraid to go out on a boat. You certainly

would never learn to water-ski, you never learn to sail." Welch said thousands of residents participate in Recreation Department programs on annual basis.

"I can tell you that last year we taught 637 kids to swim. The playground registration is well up in the 900 area. The camps are the same. It's just thousands," Welch said. "I'm giving you

the registration. If a kid goes to playground for five or six weeks in the summer, that's in attendance.

"The potential for our department is to have every school-aged child in the city of Quincy, not just the ones who go to Quincy Public Schools."

The Recreation Department hires between 200 and 250 recreation leaders each

year to staff the myriad programs it offers. Welch credited those recreation leaders for the work they do for the department.

"I'm the figure head here — there is no ifs, ands or buts about it. It's the leaders in the trenches," he said. "I can plan the greatest programs in the world and have the greatest facilities

Cont'd On Page 16

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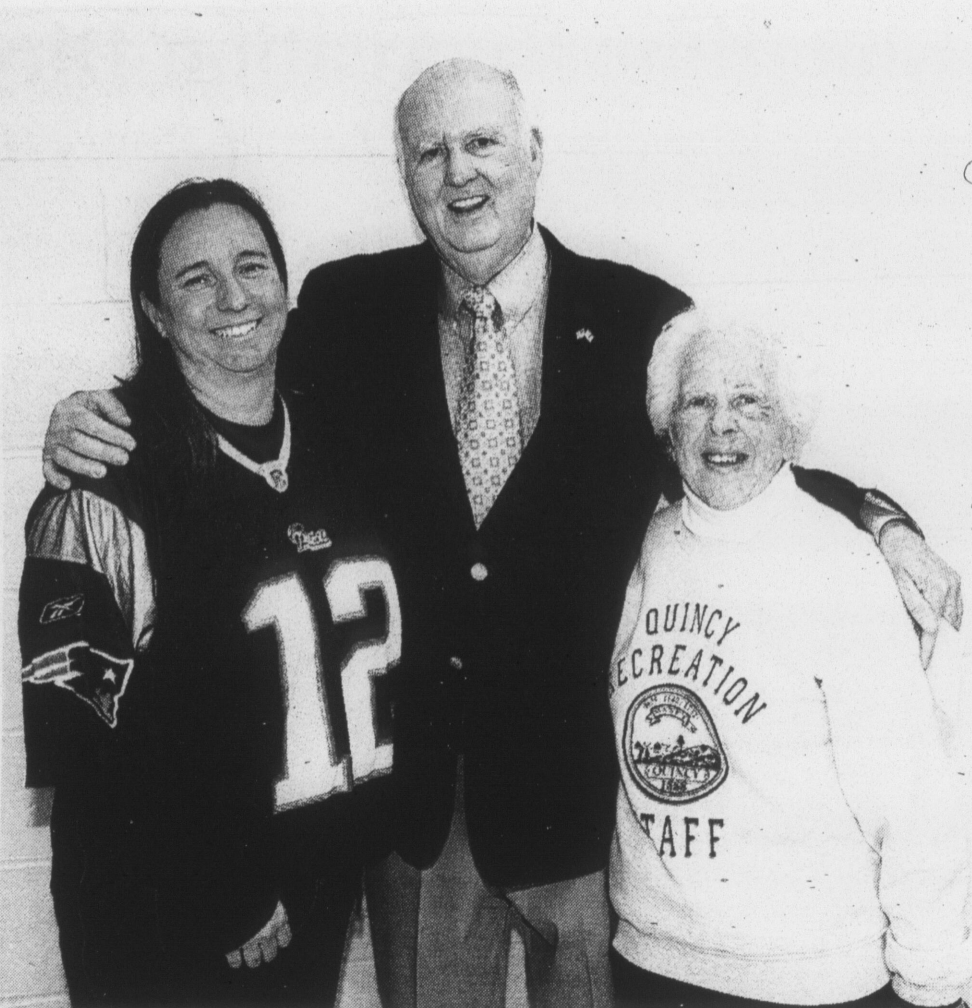
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BARRY WELCH (right), recently retired director of the City of Quincy Recreation Department, and his wife, Marilyn, with a photo of the Welch family taken at the 2017 Quincy Flag Day Parade. Barry was honored that year as the recipient of the Richard J. Koch, Sr. Youth Service Award for his many years of dedicated service helping and mentoring local youth. Barry and Marilyn are the parents of two children and four granddaughters.



AMONG THOSE EXTENDING congratulations and well wishes to Barry Welch (center) on his retirement as the Quincy Recreation Department director included his assistant, Michelle Hanly (left) and retired Recreation Department secretary Mary Dowling (right), who worked 25 years as the department secretary. Hanly is succeeding Welch as recreation director.

Quincy Sun Photos/Robert Bosworth

Longtime Recreation Director Barry Welch Retires

Cont'd From Page 15

in the world, but without the leaders that have their feet on the ground, that are seeing the kids on a day-to-day basis, dealing with the seniors, teaching people

how to swim — all I am is an organizer. I can't say that enough."

Welch takes pride in what his former recreation leaders have gone on to accomplish.

"I'm so proud of them as everyone knows," he said. "I have teachers everywhere, doctors, lawyers and three priests."

Welch also thanked his fellow department heads for

the support the Recreation Department received over the years.

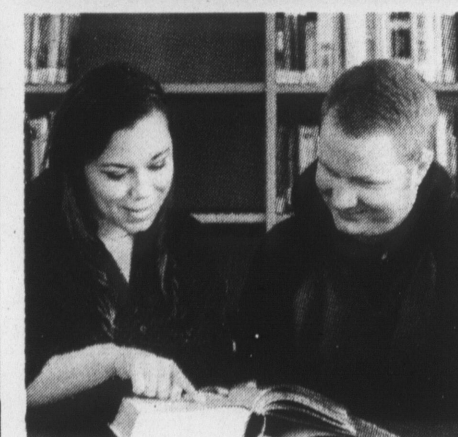
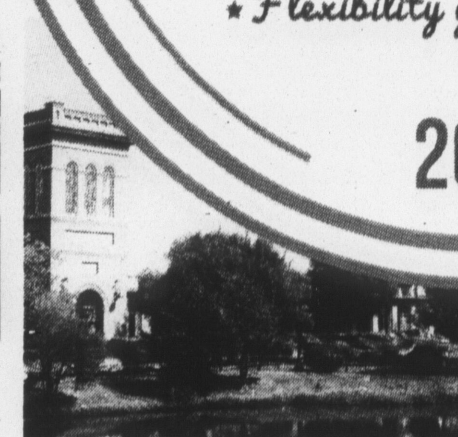
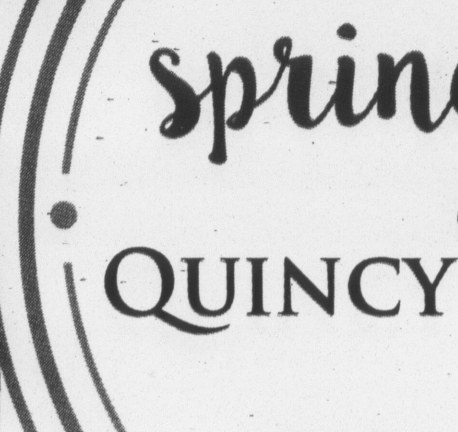
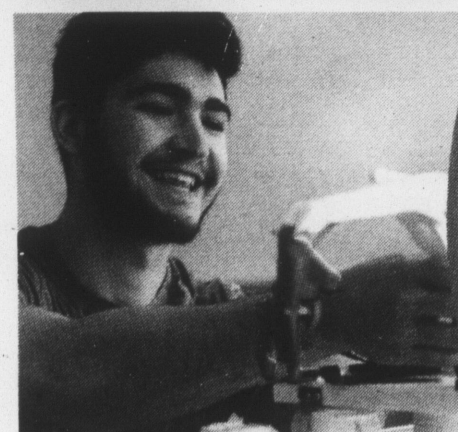
"I love everyone I work with, and I did have a chance to speak with the department heads, and I said,

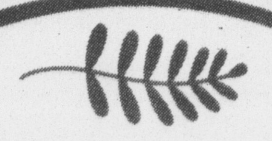
"I can't think of anyone in another department saying no to me." You've got to call them all the time — I need this, and I need that," Welch said.

"Of course, it starts with

the Park Department. We can't run without them, but we need Public Works. We need the police. The Fire Department, call them up, you need a ride for Santa?

Cont'd on Page 17





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BARRY WELCH (sixth from right) with Mayor **Thomas Koch** (sixth from left) and department heads at his retirement reception Feb. 1 at the Koch Park and Recreation Complex. Welch stepped down as the director of the Quincy Recreation Department after more than 54 years with the city, including the past 32 as recreation director. Mayor Koch and the Park and Recreation Board is honoring Welch by naming Varsity Field for him. The field is adjacent to Veterans' Memorial Stadium and in close proximity to the Park and Recreation Department. A ceremony will be held sometime in the spring.

Quincy Sun Photo/Robert Bosworth

Longtime Recreation Director Barry Welch Retires

Cont'd From Page 16

You've got it."

Welch said he is happy with the impact his department has had on Quincy's residents.

"I think my greatest satisfaction is the affect that we've had on the citizens of Quincy's quality of life as they participated in our programs through the years. I think we have an outstanding community that recognizes the positive values of a recreation program," he said.

"I call it delayed gratification – when I talk to my staff, I talk about it. If I had a penny for every kid that came back at some point – met me at some point later on – and said, 'Mr. Welch, I can't thank you enough. Did you know I played basketball in college? I got the opportunity to play rec. and I really liked it, or I won the Elks free throw [contest], or something along those lines, I'd be rich beyond words. I'm serious about that. The teachers in particular, because they were taught at an early age how to deal with the public. I've always said, 'don't ever, ever underestimate your skills.' At the end of the summer, that's what I tell them."

In the more than five decades Welch has worked for the city, he said the biggest change was the introduction of co-ed programs.

"The biggest change is girls in recreation programs. When this program started, it was afterschool programs for boys. We then, in the late '70s, started adding girls' afterschool programs. You wouldn't see a girl at an afterschool gym. We tried to do arts and crafts programs and those kind of things... but they weren't allowed of in a gym. It wasn't even scheduled. It was unheard of," Welch said.

"Now, every program we do is totally co-ed, with the exception of when we want them to be separate like girls' lacrosse and boys'

lacrosse and girls' soccer and boys' soccer. That is the number one change that I've seen in my 50 years here.

"That compounds itself when you look at the Senior Olympics. We started the Senior Olympics in 1982. At that point in time, anyone who was a senior never played a high school sport – never. When we started, this was a men's event and a few women that stayed. Well, we've been doing it now for 30-some odd years, so the Senior Olympics now has more women in it than men. And these are people who have more than likely played a high school or youth sport."

Welch and his wife, Marilyn, who worked for 39 years as a laboratory technician at Quincy City Hospital, have two children, both teachers, and four granddaughters. Their daughter, Stacey Roche, is a second grade teacher at Clifford Marshall Elementary School and their son, Brendan, is the director of public safety curriculum at Blues Hills Regional Technical School.

Welch is proud his wife and children all chose careers in public service.

"I'm a recreation direc-

tor – that's what everyone knows – and I can talk rec. philosophy until we're blue in the face. But anybody that hears me talk – my leaders – will tell you about being public servants," Welch said.

"I have continually tried to instill in my staff that we work for the public – if you don't want to work for the public, you're in the wrong job. So, I couldn't be any more proud of my kids and my wife equals what I did. She is the one who got up the same as me. You've got to work Christmas Eve, you've got to work Christmas or whatever. We're a family of public servants and I couldn't be any prouder of that."

Welch said he looks forward to having summers off and traveling now that he is retired. He was able to move up his family's annual vacation on Martha's Vineyard to July instead of late August this year, which means his family can stay together the whole two weeks with no one having to leave early for the start of the new school year.

"It's going to be nice to have summers off," Welch said. "My family, we've already changed our date

for the Vineyard. We always used to go the last two weeks in August because the program is closed, but we're going in the middle of July because it's much easier for my family."

Welch has no plans to move out of Quincy, however.

"I'm going to travel, but I haven't bought a house in Sarasota. I'm going to continue to be a proud Quincy resident," he said.

He also plans to remain active in the community. Welch will continue to be involved in the city's annual Flag Day and Christmas parades, for example.

"The mayor has indicated, and I've indicated to him – it's a mutual decision – that I'm going to continue to help out with the spe-

cial events. So, I'll still be around," Welch said.

Mayor Thomas Koch recognized Welch for his contributions to the city during his recent State of the City address.

"Barry J. Welch started working for the city as a playground instructor under Recreation Director Bill Ryan. Barry did every job in the Recreation Department, serving with great loyalty, served under [nine] mayors and was director of the past 36 years. Barry is also a veteran of the US Coast Guard. We thank him for his 54 years of service," Koch said. "We wish him and his wife, Marilyn, many years of good health and happiness with their children and grandchildren. Thank you, Barry."

Welch said the mayor also plans to rename Varsity Field – the soccer and lacrosse field next to Veterans' Memorial Stadium – in his honor. Welch said he liked that option because a number of individuals are also honored in the vicinity, including Ryan, who has a boathouse named for him, and Richard J. Koch, the city's longtime park director for whom the park and recreation building is named.

"The mayor came to me and said, 'you deserve something,' and we talked about options. I loved this option and I told him that," Welch said. "Bill Ryan is honored there, and Bill Ryan was my mentor and like a father to me. Dick Koch – and the whole family – is honored there."

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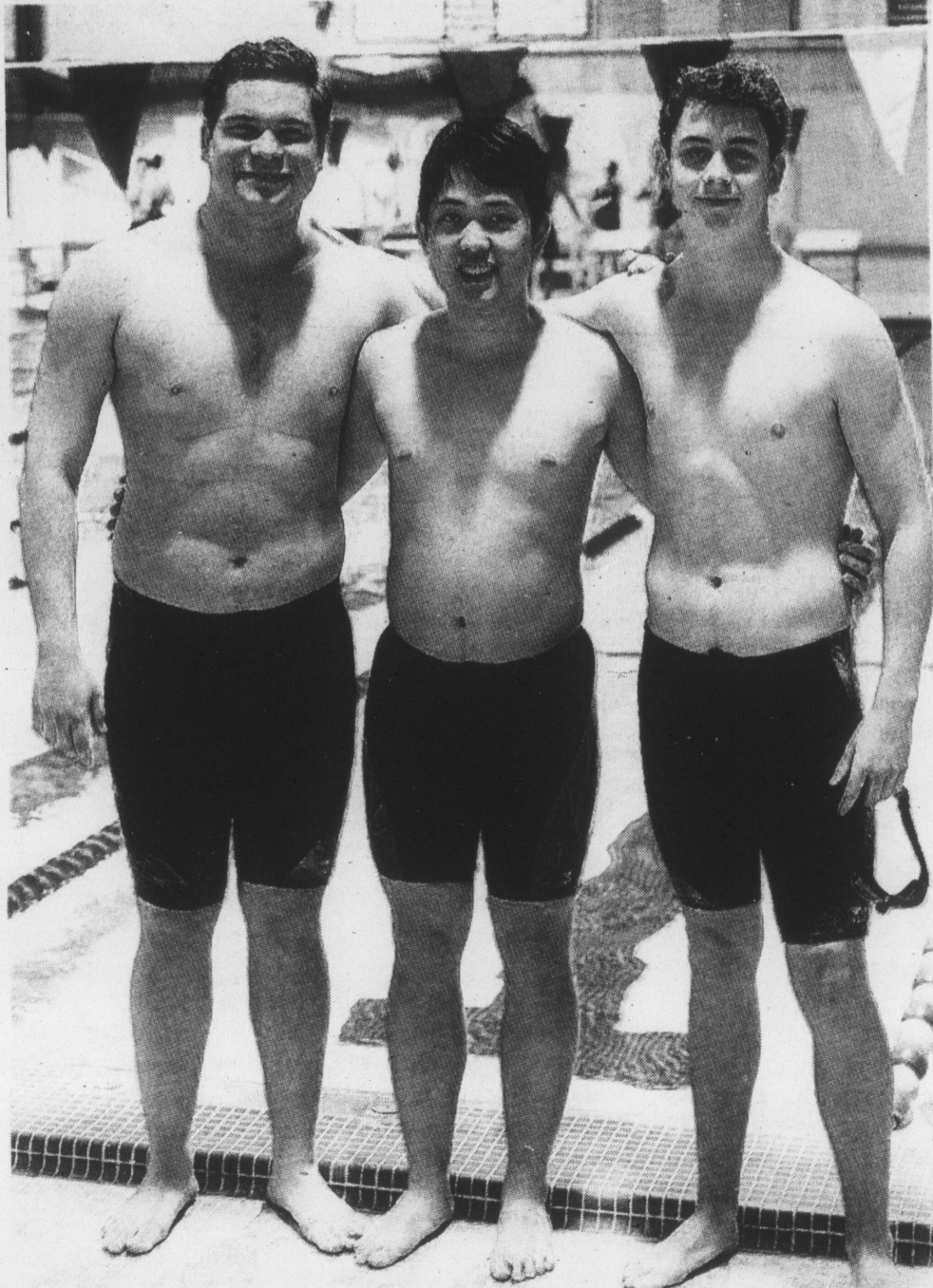
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CAPTAINS of the Quincy-North Quincy girls swim team: from left to Catherine Hall (Quincy), Patricia Simaku (NQ) and Juliana Chieng (NQ). Missing from photo: Britney Bui-Tran (NQ), Eni Daci (Q) and Kumi Devalla (Q). Quincy Sun Photos/Robert Bosworth

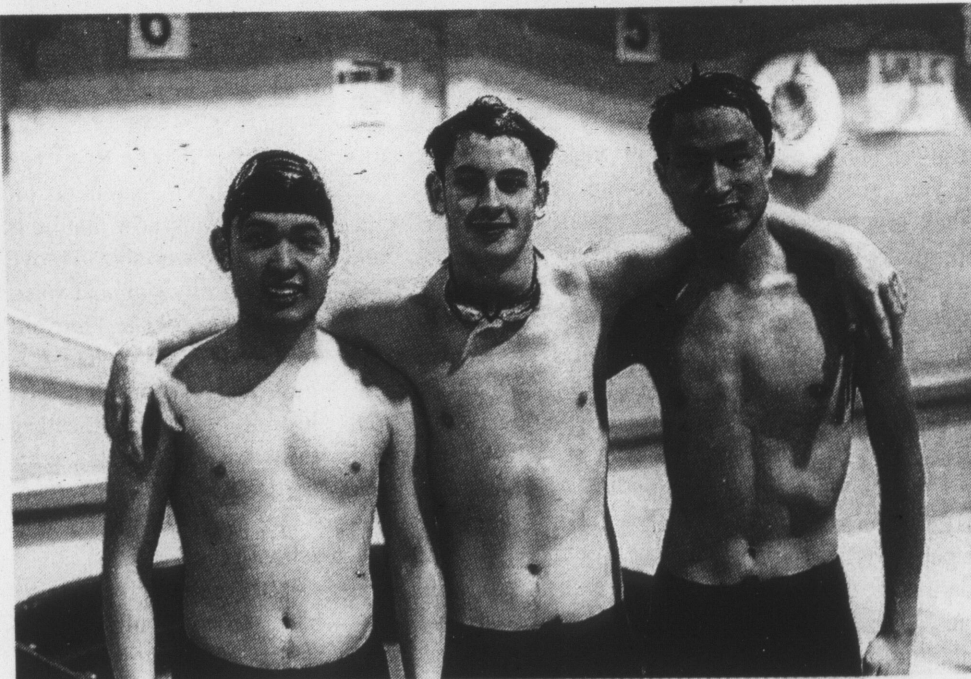


CAPTAINS of the Quincy-North Quincy boys swim team: from left to right Guilherme Eller (Quincy), Kar Yeung Kenny Ng (North Quincy) and Kevin Warner (Quincy).

Q-NQ Swim Wraps Up Season With Win Vs. Rockland



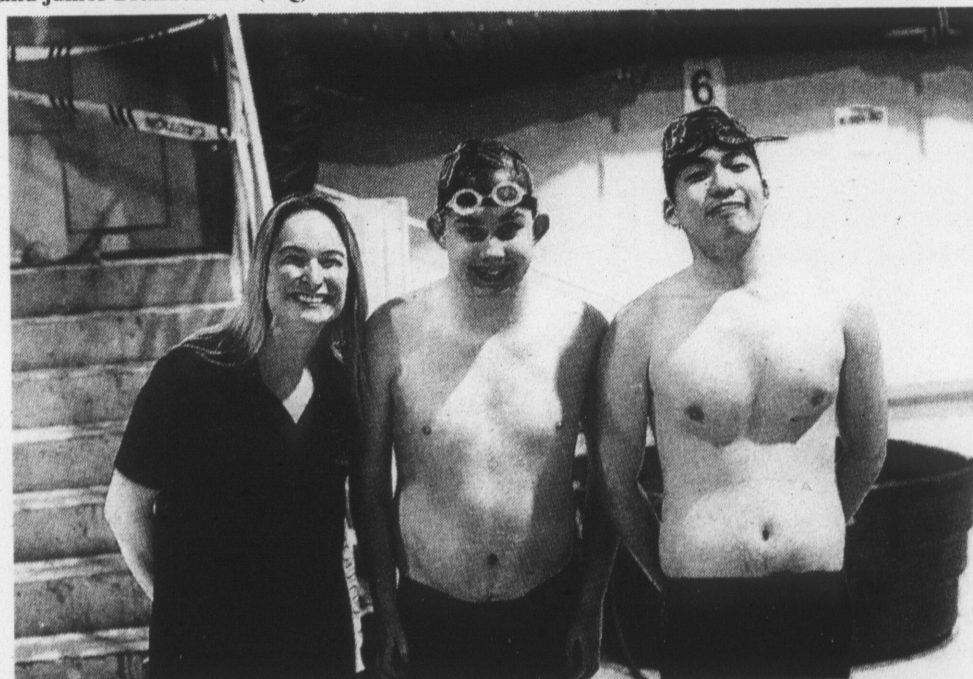
SENIOR CAPTAIN Kar Yeung Ng (North Quincy) placed third (26.53) in the boys 50 freestyle event versus Scituate at a recent meet at the Lincoln-Hancock School Pool. Here he shakes the hand Scituate's Chanley Baker who finished first. Q-NQ teammates senior captain Kevin Warner (Quincy) placed second (26.00) and junior Brandon Lee (NQ) placed fifth (26.64). This was a very quick race as all six swimmers finished in under 27 seconds. The race was among the highlights of the Q/NQ vs. Scituate swim meet. Scituate swept the meet with final scores 85-69 (girls) and 85-69 (boys). In the team's regular season finale, Q-NQ prevailed with a double win over Rockland. The girls won 88-75 and the boys were victorious, 88-65. More coverage on Page 19.



QUINCY-NORTH QUINCY swimmers who competed in the boys 50 freestyle event against Scituate (from left) senior captain Kar Yeung Kenny Ng (NQ), senior captain Kevin Warner (Q) and junior Brandon Lee (NQ).



JUNIOR AMARYLLIS GU (North Quincy) competes in the breaststroke leg of the girls 200 medley relay. Gu later went on and placed second individually in the 100 breaststroke.

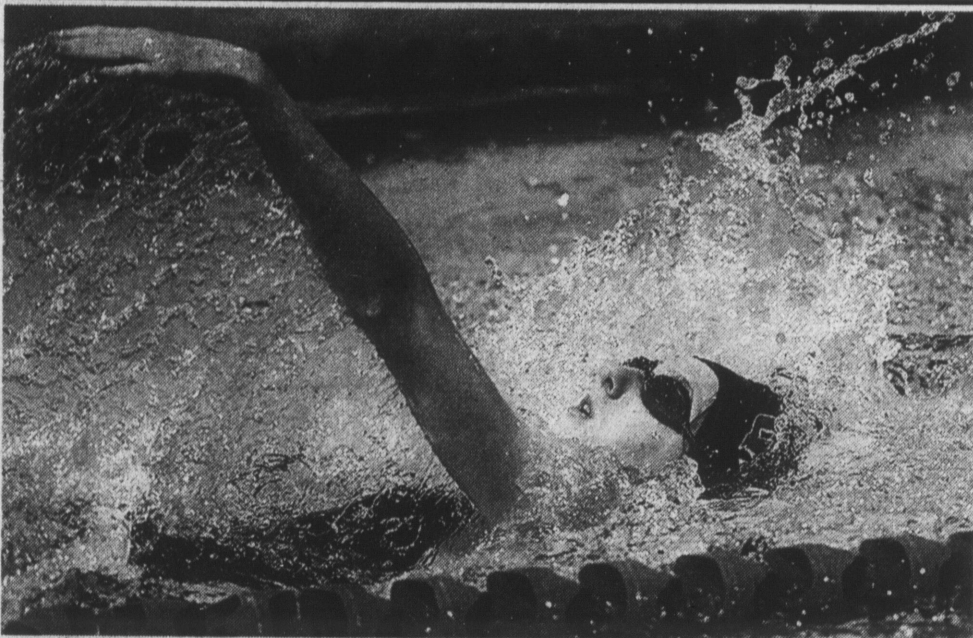


OTHER QUINCY-NORTH QUINCY swimmers who competed in the boys 50 freestyle event against Scituate (from left) with coach Marisa Forrester were junior Vinny Joyce (Quincy) and freshman Jackson Zhou (North Quincy).

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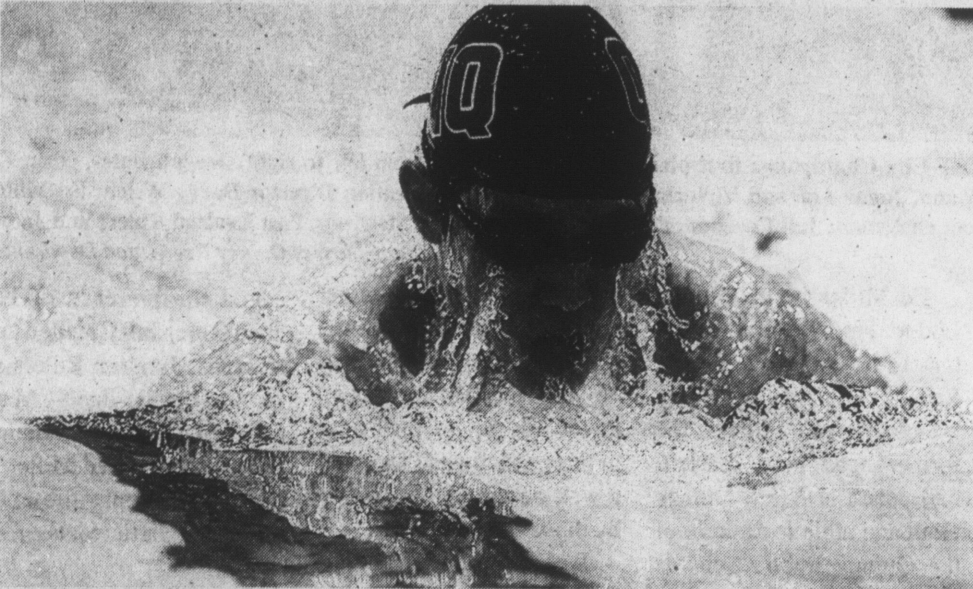
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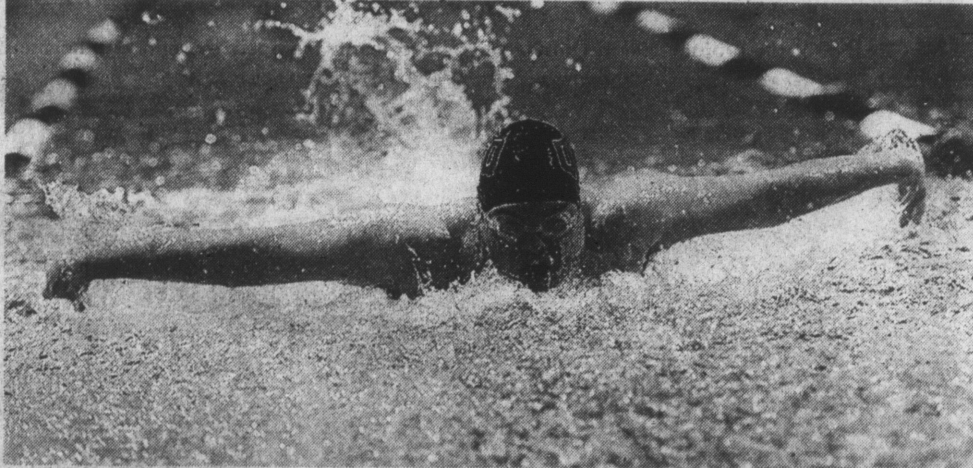


JUNIOR CAPTAIN Alison Cahill (Quincy High) swims the backstroke leg of the girls 200 medley relay against Scituate. Cahill placed third and later went on to place fourth in the 100 backstroke individually.

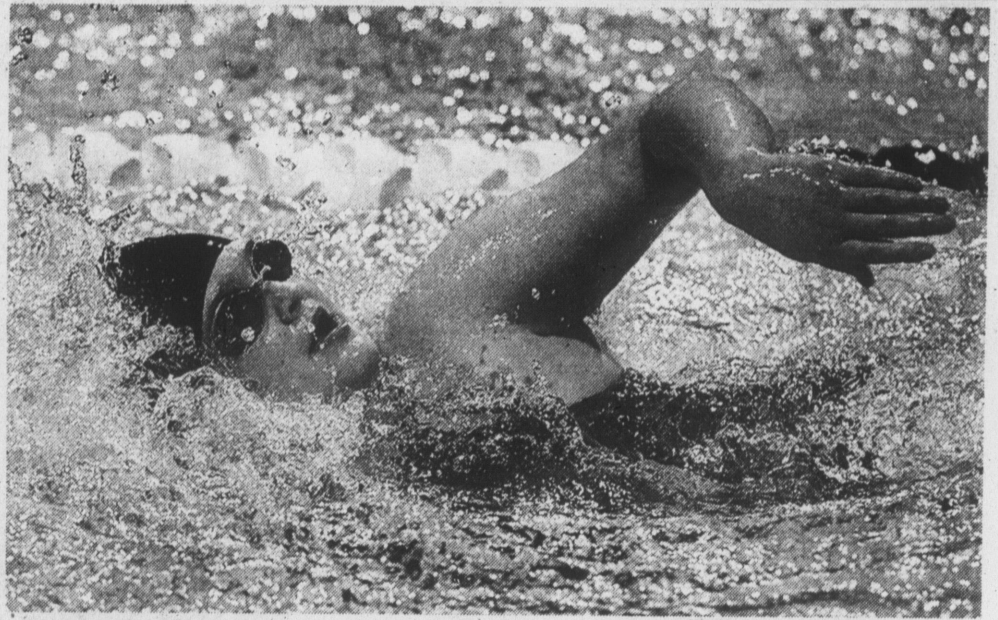
Quincy Sun Photos/Robert Bosworth



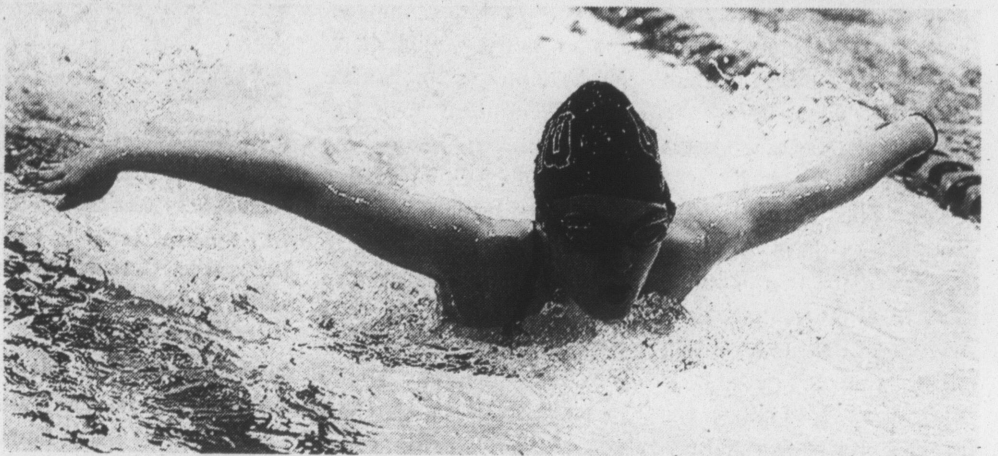
SENIOR CAPTAIN Kar Yeung Kenny Ng (North Quincy High) swims the breaststroke leg in the boys 200 medley relay against Scituate. The Q/NQ boys team finished third in the race.



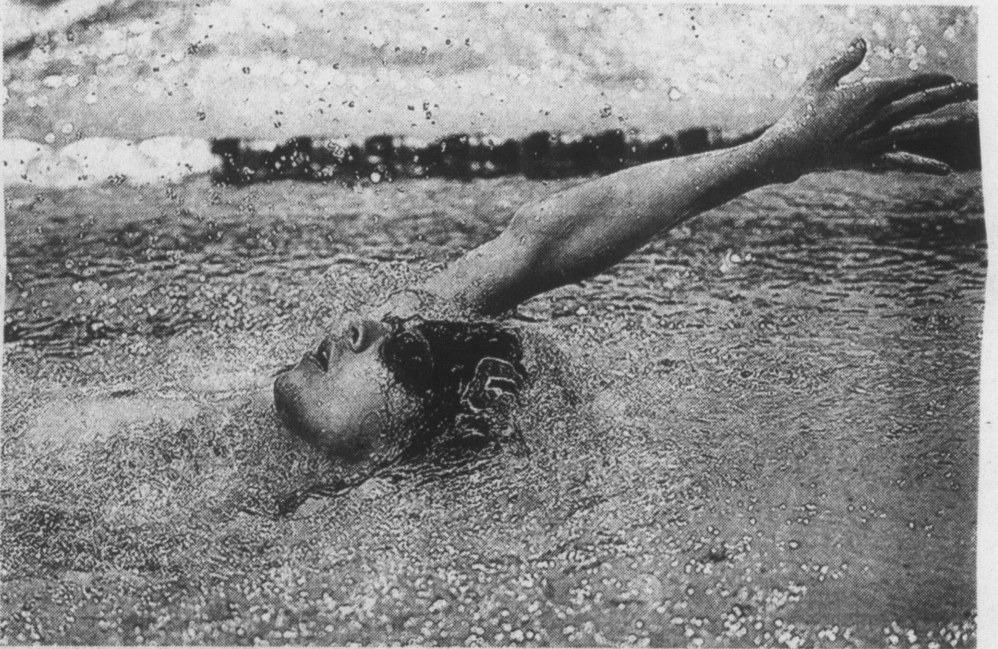
SENIOR CAPTAIN Guilherme Eller (Quincy High) swims the butterfly leg in the boys 200 medley relay against Scituate. The Q/NQ boys team finished third in the race.



QUINCY'S NINA CARTER competes in the girls 50 freestyle against Scituate High School.



QUINCY'S MIA HEIM swims the butterfly leg in the girls 200 medley relay against Scituate High School.



SWIMMING THE BACKSTROKE leg in the boys 200 medley relay is junior captain Logan Almeida. The team finished third in the race against Scituate High School.

Q-NQ Swim Highlights Vs. Rockland, Scituate

The Quincy-North Quincy swim teams recently swept Rockland with the girls team winning 88-75 and the boys prevailing 88-65 in the regular season finale.

Highlights for the local swimmers included all six relay teams went undefeated for the day: girls/boys 200 medley, 200 freestyle and 400 freestyle.

Girls went 1, 2, 3 in the 200 freestyle: Gold going to junior captain Alison Cahill, silver to freshman Valentina Smith and bronze to freshman Nia Cahill. N. Cahill went on to place first in the 100 freestyle with sister freshman Anna Cahill touching second. Oldest sister, captain Alison Cahill, went on to earn a second gold in the 100 backstroke.

Senior captain Juliana Chieng kept up her success with adding another gold in the 50 freestyle. Sophomore Reina Boumer earned a pair of gold in the grueling events of 200 yard IM and 500 yard freestyle. Freshman Renze Daley earned her first gold in the 100 breaststroke.

For the boys, each of the captains earned at least one gold: Senior Kar Yeung Kenny Ng in the 100 breaststroke, senior Guilherme Eller in the 500, two for both junior Logan Almeida in the 200 freestyle and 100 butterfly and senior Kevin Warner in the 50 and 100 freestyle.

Junior Xuanbo Ding earned a pair of silvers in the 200 freestyle and 100 backstroke. Junior Brandon Lee and freshman Derek Tran also earned silvers in the 100 freestyle and 100 breaststroke respectively. This was a successful close to one of the best seasons for QNQ.

Quincy-North Quincy swim team also competed recently against Scituate High at the Lincoln-Hancock School Pool. The girls and boys teams bowed by scores of 85-69.

Here are some highlights of that meet:

1st place finishes:

Senior captain Juliana Chieng (NQ) - 50 freestyle
Sophomore Reina Bouma (NQ) - 500 freestyle

Senior captain Kevin Warner (Q) - 500 freestyle
Senior captain Kar Yeung Kenny Ng (NQ) - 100 breaststroke.

2nd place finishes:

Freshman Mia Heim (Q) - 100 butterfly
Junior Amaryllis Gu (NQ) - 100 breaststroke
Senior captain Kevin Warner (Q) - 50 freestyle
Sophomore Timothy Chen (Q) - 100 butterfly
Freshman Derek Tran (Q) - 100 breaststroke
200 Freestyle Relay - junior captain Alison Cahill (Q), sophomore Reina Bouma (NQ), Junior Amaryllis Gu (NQ), Senior Captain Juliana Chieng (NQ) qualified for South Sectionals at MIT on Saturday, Feb. 9th.

200 Freestyle Relay - senior captain Kevin Warner (Q), freshman Derek Tran (Q), junior Xuanbo Ding (Q), and senior Captain Kar Yeung Kenny Ng (NQ).

3rd place finishes

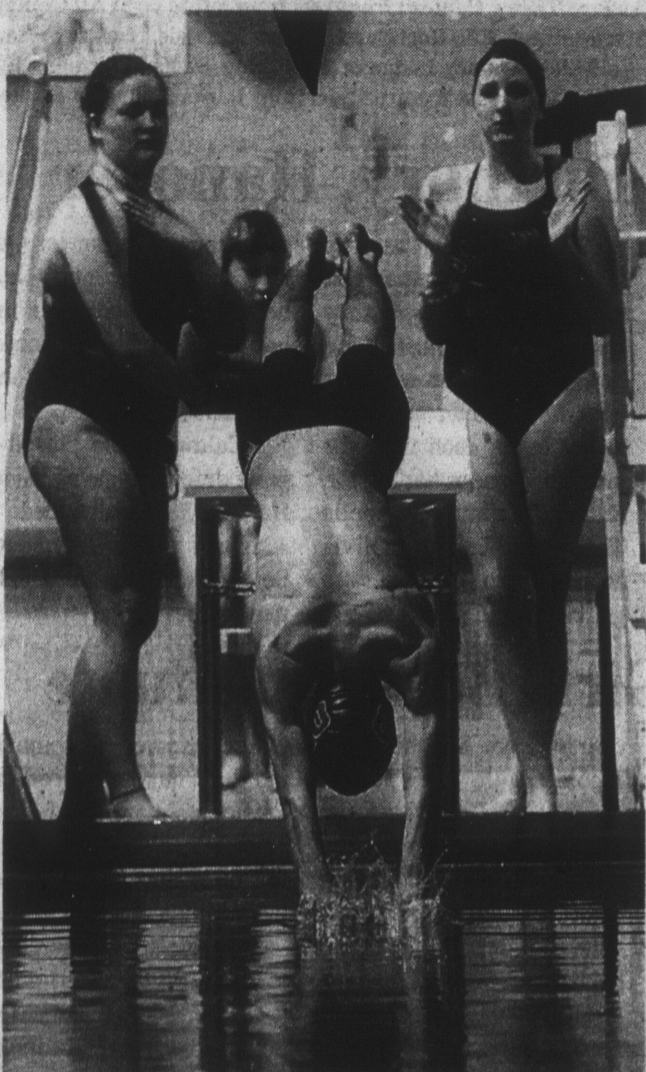
Freshman Renze Daley (N) - 50 freestyle
Junior captain Logan Almeida (Q) - 200 IM and 500 freestyle

Senior captain Kar Yeung Kenny Ng (NQ) - 50 freestyle
Senior captain Guilherme Eller (Q) - 100 butterfly
Junior Xuanbo Ding (Q) - 100 backstroke and 100 freestyle

200 Medley Relay - junior captain Alison Cahill (Q), junior Amaryllis Gu (NQ), freshman Mia Heim (Q), and freshman Renze Daley (NQ)

200 Medley Relay - junior captain Logan Almeida (Q), senior captain Kar Yeung Kenny Ng (NQ), senior captain Guilherme Eller (Q), and senior captain Kevin Warner (Q)

400 Medley Relay - junior captain Logan Almeida (Q), freshman Alexander Gu (NQ), senior Captain Guilherme Eller (Q), and junior Brandon Lee (NQ).



JUNIOR CAPTAIN Logan Almeida hits the water at the start of the boys 200 individual medley against Scituate. Almeida finished third with a time of 2:43:56.

Local Winners Elks Hoop Shoot Free Throw Contest

The Quincy Lodge of Elks 943 and the Quincy Recreation Department announce the following six boys and girls have won the City of Quincy Championship of the Elks National Hoop Shoot free throw shooting contest.

Joseph Bates, Victoria Berry, Jonas Ala, Caroline Mann, Oisin Faherty, and Riley Greene advanced and represented Quincy at the District level competition to be held recently in Marshfield. Berry and Faherty are both repeat winners. Bates had a scheduling conflict and the runner up in the 12/13 division Oscar Castro advanced in his place.

The Elks National Hoop Shoot is a contest for youth age 8 to 13. The program is free to all participants and has over a million youngsters compete nationwide each year. In Quincy the event starts with a preliminary round in local neighborhood recreation programs under the supervision of the recreation department. The neighborhood winners then

advance to the city championship. The city champions were crowned at the competition held Dec. 28th at Atlantic Middle School. The District champions advance through to state and regional contests that result in the National Finals held April 27th in Chicago. At all levels of the event contestants shoot 25 shots for score. Age categories for boys and girls are 8/9, 10/11, 12/13.

In second place at the City Championship were Oscar Castro, Charlotte Donovan, Liam Faherty, Taylor Mann, Nick Ambroult, and Sophie Lynch. The third place finishers were Ali Goutay, Ella Roche, Kalieb Grant, Jayden Treannie, Jake Campbell, and May Malvesti.

Gym championship trophies provided by the Elks were awarded to Haitam Aderbaz, Cash Murphy, Habib Goutay, Logan Mann, Cooper Nelson, Bryson Cary, Jack Fran, Aiden Earenst, Ronan Saunders, Matthew Fratolillo, Erick DeLima, Patrick Hogan, Jake Tallent, Alex Wu, Frankie Del-



ELKS FREE THROW CONTEST City Champions: first place winners (front row from left to right) Joseph Bates, Oisin Faherty, Riley Greene, Caroline Mann, Jonas Ala, and Victoria Berry. Back row: Recreation Director Barry Welch; Ed Miller, Quincy Lodge of Elks Hoop Shoot chairman; Juli Creedon, Exalted Ruler; Maureen Mesheau, Past Exalted Ruler; and James Folk, Past Exalted Ruler.

Photos Courtesy Quincy Recreation Department

tuvo, Paul Glynn, Charlie Ambroult, Cameron Mann, Daniel Tracey, Karief Grant, Kimberly Messis, Molly Powers, Gracie Warren, Maeve Powers, Georgia Scott, and Hadley MacDermott.

Ed Miller is the Quincy Lodge Hoop Shoot director. In introducing Miller, Recreation Director Barry Welch noted Miller, the former head boys' basketball coach at North Quincy High and athletic director of the Quincy Public Schools

had been the volunteer hoop shoot director for the Quincy Lodge for the past 36 years. Miller announced this would be his final time in this capacity and received a well-deserved recognition by those in attendance.

Welch also acknowl-

edged the presence of Exalted Ruler Juli Creedon and two past Exalted Rulers of the Quincy Lodge - Maureen Mesheau and James Folk - who joined Miller in making the trophy presentation to all participants.



SECOND PLACE WINNERS, Elks Free Throw Contest: front row from left to right Oscar Castro, Nick Ambroult, Taylor Mann, Sophie Lynch, Charlotte Donovan and Liam Faherty. Back row: Recreation Director Barry Welch; Ed Miller, Quincy Lodge of Elks Hoop Shoot chairman; Juli Creedon, Exalted Ruler; Maureen Mesheau, Past Exalted Ruler; and James Folk, Past Exalted Ruler.



THIRD PLACE WINNERS, Elks Free Throw Contest: front row from left to right Ali Goutay, Kalieb Grant, Jake Campbell, May Malvesti, Ella Roche and Jayden Treannie. Back row: Recreation Director Barry Welch; Ed Miller, Quincy Lodge of Elks Hoop Shoot chairman; Juli Creedon, Exalted Ruler; Maureen Mesheau, Past Exalted Ruler; and James Folk, Past Exalted Ruler.

NQ Girls Hoop Comes Up Short Against Duxbury, Hanover

By PAUL BREGOLI

The North Quincy Girls basketball team came up short in their two games last week, literally and figuratively.

Traveling to Duxbury Jan. 29, Duxbury's front line out sized North at every position as the Red Raiders dropped a 64-34 decision. North's dynamic freshman point guard, Kiera Sleiman, got the visitors off early with a pair of steals and two early baskets giving North an oh so brief lead. However, Duxbury's 6'3" center Sam Brennan scored 9 of her 13 points in the first quarter, mostly on offensive rebound put backs.

North hung tough in the second quarter thanks to a trio of three point field goals by Lindsey Keenan, Samantha Smith and Ashley Caldwell. Duxbury blew the contest open in the

third outscoring NQ 21-7. Four points by Smith and an Amanda Hellmuth three was all North could muster.

The Red Raiders battled to the end losing the quarter 12-11 with Alexa Radzik netting 5 including a deep three, while Sydney Taylor also knocked down a three, North's sixth of the game. Smith and Keenan led the way in the scoring department with 7 apiece.

Hosting Hanover Feb. 1, the Red Raiders played probably their best game of the season despite coming up on the short end of a 58-52 score. North's Sleiman came out of the gate as she did against Duxbury stealing the ball and driving to the hoop for 6 first quarter points as North again jumped out to an early lead.

Mary Kate McAleavey, the Red Raiders leading scorer, added 5 as the two

teams were tied at 14 after the first period. North went cold in the second scoring only 5 points while Hanover's Emily Flynn heated up scoring 7 including a pair of threes.

The scrappy Red Raider five battled the Indians to near even terms in the third as McAleavey scored 10 while her fellow captain Smith chipped in with 5, including a long three. The last quarter saw the never say die home team outscore the visitors 17-13 led by a pair of threes by Keenan and Hellmuth while Smith added 5 and McAleavey 4. North closed the gap to 4 with a minute to go but a pair of free throws iced the victory for Hanover.

McAleavey added 7 rebounds to her game high 19 points while Smith had 4 steals to go along with her career high 14 points. Hell-

muth and Sleiman both finished with 6 each.

"I thought our compete level and energy in the two games was outstanding," said NQ head coach Paul Bregoli. "Hanover had beaten us by 32 points earlier in the season. It goes to show how far we have come and how much we have improved as a team.

Quincy Girls Bow To Scituate

The Quincy girls basketball team (Patriot League 6-5, overall 9-7) bowed to Scituate 57-47 Feb. 1.

The Presidents' offense was led by junior guard Jillian O'Toole (15 points), junior forward Juliana Tracey (12 points) and junior forward Grace Hobin (10 points).

The hot shooting of Liz Slein (19 points) gave Scituate an early 14 to 9 first

quarter lead. She hit three 3-pointers in the period. Grace Hobin provided the answer for Quincy hitting two of her own and scoring eight of Quincy's nine. Scituate took a 23-17 lead into the half.

Quincy picked up the defensive intensity in the second half and narrowed the gap to as few as three several times but couldn't quite overcome the deficit. Jillian

minutes in both games. Our free throw percentage has been over 70 percent in the last three games, just another example of how hard the team has worked.

"Caldwell also played a great defensive game against Hanover," Bregoli added.

North visits Plymouth South on Friday for a 6:30 p.m. game.

O'Toole scored 11 points in the third quarter to lead the Presidents' rally. Juliana Tracey caught fire in the fourth hitting for 10 points in the quarter.

Scituate's size down low proved to be too much as Kate Montgomery (15 points) dropped eight in the fourth to hold off the late rally.

Quincy visits Hanover Friday at 6:30 p.m.

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Q-NQ Girls Hockey Rallies Past W-H/SL, 2-1

By TOM JOYCE

The Quincy/North Quincy girls' hockey co-op never stopped battling last Saturday night.

Q-NQ skated hard for 45 minutes and ultimately, it was their final rush of the game that made all of the difference. Q-NQ picked up a 2-1 road win over the Whitman-Hanson/Silver Lake girls' hockey co-op at The Bog in Kingston. With the win, the team improved to 3-11-1 this season.

"It was an exciting game," Q-NQ head coach Jeff Craig said. "I was obviously happy with the win. It was a big difference between the last time we played them. They battled hard. Maggie Tierney was great in net. And we set up a play for Cassandra Davis to score at the end, and it worked out well for us."

Senior captain and forward Cassandra Davis scored the game-winner in the contest. Q-NQ spent the last 1:48 of the game on a power play after a holding penalty against Davis, who was on a fast break at the time, nixed a late scoring opportunity for the Presidents. Even so, it did not

matter in the end as she buried the game winning goal on a breakaway with 6.1 seconds remaining in the game.

When the clock stopped for the tripping penalty, Q-NQ called a timeout which Craig said was beneficial for a couple of reasons.

"We told them to rest," he said. "We set up the play. We told them what to do, went over some power play scenarios. It was the perfect chance to get them some rest."

The contest was a battle throughout as both teams have highly capable offenses.

In this one, it was WHSL who put up the first goal of the game. They did it 3:45 into the first period on an odd man rush to go up 1-0.

Although the Presidents took a number of shots and put pressure on the opposing goaltender, it took them awhile to actually find the back of the net. Davis ended up scoring the team's first goal of the game with 5:38 remaining in the second period. She found an opening on the right side of the net off a pass from behind the net.

Right after that, it looked like WHSL might retake the lead, but their shot went off the post, preserving the tie which Q-NQ ended up breaking on their final rush of the game.

For Q-NQ, the game served as not only revenge against WHSL, but redemption as well. The last time these two teams played each other was Jan. 15 at Shea Memorial Rink in Quincy — and WHSL won that one 15-8. It was the most goals Q-NQ had let up to an opponent this season. Yet, in their second game against the same team, it was tied for the least amount of goals they had let up in a game this season.

That said, the defense was certainly sharp this time around.

"We talk about what we should be doing every week," Craig said. "We've tried some different things and some different lineups. We have Maggie Dineen, an 8th grader back on defense. Meghan Greene, one of our captains, has been amazing and freshman Morgan Novak also did a great job. We just talk about doing a better job on our end, and the kids

listen."

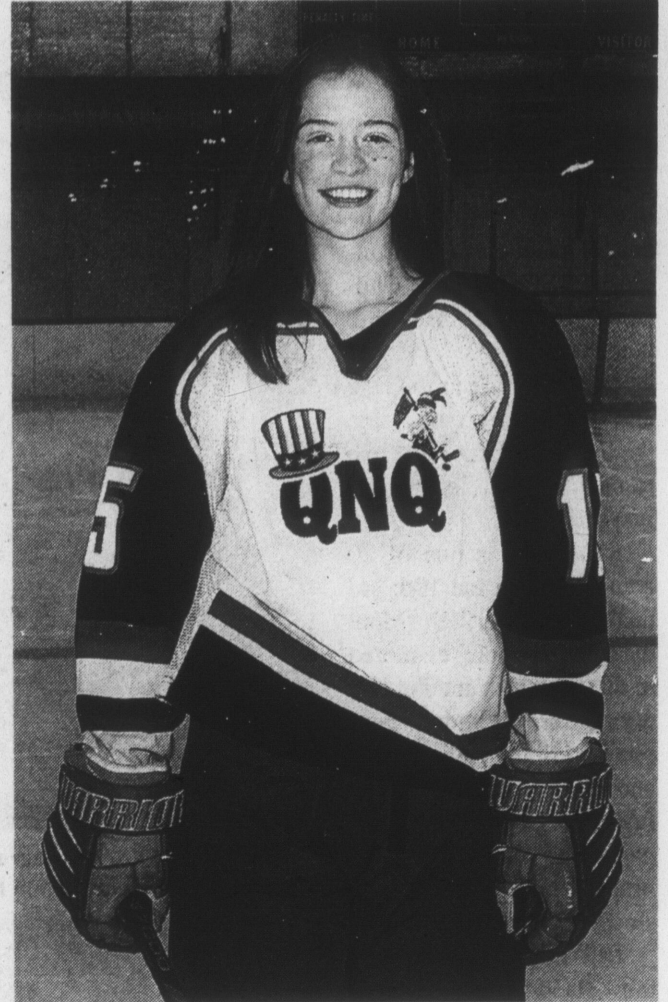
"We tell them that if someone else is not where they are supposed to be, that's not your fault, so just worry about what you need to do and I'll tell the people if they're in the wrong spot," he added. "They did a better job around the net and clearing out pucks. I try to focus on that."

Numbers-wise, Q-NQ lacks the depth many of their opponents have on their rosters. They only have 13 players this season and despite having to play so many minutes in the WHSL game, fatigue was not a factor as they won in the final seconds.

The team skates just two lines, and their second line was vital to the team's success in the victory.

"Our second line has a kid who just started playing hockey one year ago, Aimee Cluett, and Maeve Walsh picked up hockey late, but she's playing big minutes for us and they're holding their own out there," Craig said. "It's tough when other teams have more kids, but I really like the ones we have. They try very hard."

Craig also said next sea-



MAGGIE DINEEN, an eighth grade student at Atlantic Middle School, is suiting up for the Quincy-North Quincy girls varsity hockey team. Head Coach Jeff Craig says the team is looking to add more eighth grade players to help fill out its roster and contribute as Dineen has this season.

Quincy Sun Photo/Robert Bosworth

son, the team is looking to add more eighth grade players to help fill out their roster and contribute as Dineen has this season.

Quincy Boys Hockey Ties Silver Lake

By TOM JOYCE

For the Quincy High boys hockey team, it was not their best performance of the season, but their talent shined through in the final period.

In their road contest against the Silver Lake Lakers at Hobomock Ice Arena in Pembroke last Saturday evening, the Presidents trailed for much of the contest, including a two goal deficit early in the third period. However, they played some quality hockey late in the game and managed to tie Silver Lake 3-3. With the tie, the Presidents picked up a point in the standings and moved to 11-4-1 on the season.

"There was nothing positive here except for the third period," Presidents head coach Ted Walsh Jr. said. "To be honest, I think we stunk in the first two periods. We were playing as individuals and not as a team. When we start playing for each other, we'll be OK, but it took until the third period for us to do that. It's a tough thing because there's so much talent in that room, but we have to use it."

Silver Lake won the opening faceoff, charged down the ice and had a few shot opportunities. Their third shot came off a rebound and they managed to slip one past the Presidents, taking a 1-0 lead 52 seconds into the game.

Silver Lake expanded their lead, going up 2-0, before the end of the first period. With five minutes left in the first, Dan O'Leary had a strong fast break scoring opportunity, but Silver Lake's goaltender made a backhanded stop to preserve their lead. With 3:24 left in the first, Silver Lake struck again, finding the back of the net as their offense continued to find opportunities. In the first period, Silver Lake outshot Quincy, 9-6.

The Presidents did not put themselves on the scoreboard until midway through the second period. It was Jason Whalen who buried a second chance scoring opportunity for the team on a rebound with 7:43 remaining in the second, making it a 2-1 game. The goal came on a power play.

In the second period, the Presidents outshot Silver Lake, 11-4.

The Lakers extended its lead to 3-1 about three minutes into the third and final period, putting the Presidents in a difficult spot.

They responded well to the pressure, however.

Harold Marcheski On Dean's List

Harold Marcheski of Quincy has been named to the Dean's List for the fall semester at Champlain College in Burlington, VT.

Marcheski is majoring in broadcast media production.

About 90 seconds after Silver Lake added their third goal of the game, Brendan Bailey made it a one goal game again. He capitalized on a power play opportunity and sniped the puck into the top right corner of the net.

With time dwindling down, Silver Lake managed to preserve the lead, until they had a tripping penalty called against them with 1:04 remaining in the contest. Prior to this power play opportunity, the Presidents called a timeout and pulled their goaltender. In other words, they had six skaters on the ice as opposed to Silver Lake's four and knew exactly what they wanted to do if they won the faceoff.

"We have faceoff plans drawn up, but you still have to execute them," Walsh said. "A lot of it was based on the handedness of the center. Let's just say, we had a plan for them. We were lucky that worked."

The players executed the plan well and O'Leary fired in the game-tying goal three seconds later, making it a tie

game with 61 seconds remaining.

From there, the Presidents put Dan Murphy (20 saves) back in net. For the final minute of the game, both teams fended each other off. Neither really had any scoring chances and ultimately, the game ended in a tie.

"I'm hoping we can build off that point we got off this game," Walsh said. "That's why you play 20-22 games. You're going to have some bad ones and some good ones. This one was certainly in the category of bad for us. But Silver Lake deserves credit and I don't want to take anything away from them. They played very well."

Walsh also said his team is focused on improving on a daily basis, both in games and at practice as they continue putting themselves in the best position possible for the MIAA Division 2 playoff bracket in their final weeks of the regular season.

QC Basketball Notch Two Wins

The Quincy College Granite men's basketball team had an impressive week notching two victories over strong National Junior College Athletic Association (NJCAA) opponents. The strong offensive efforts bring the Granite team to over 500 points for the season.

Quincy College Granite players sit atop the NJCAA Region 21 individual offensive leaderboards as well. Darrius Hyppolite has 22.3 points per game leading the

region in points per game scored. Hyppolite also leads the 3PT PCT with 53.8 followed closely by Quincy College Granite Team Captain, Jon DaVeiga with a 53.3 3PT PCT.

On Jan. 31st, Quincy College Granite (12-11) traveled to Holyoke Community College (1-20) to take on the much improved Holyoke CC Cougar team. Quincy College Granite won 93-91 with a balanced offensive attack of team

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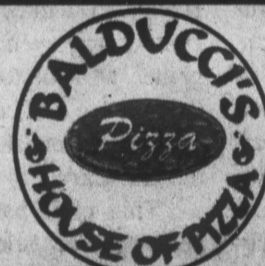
Basketball Focus Of QHS Sports Show

This week's sports show for Quincy High features Athletic Director Kevin Mahoney and Quincy High's Nick Cedrone and Gia Calabro from the basketball teams.

This episode of the sports show will be aired every

night at 6 p.m. from Thursday, Feb. 7th through Feb. 15th on channel 22. This episode will also be available to watch on the Quincy High Film and Television Broadcasting youtube channel.

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WE DELIVER (limited area)

First-Timer Wins Houghs Neck Chili Cook-Off

By TOM GORMAN

For the past few years, Shawn Sullivan has been making chili for his construction crew to help fend off cold winter days. One of his workers suggested he enter the Houghs Neck Congregational Church's Chili Bowl Cook-off. He did. And, he won.

"I put my hat in the ring and I came out on top," said the Dedham resident. "I like to cook. I put a lot of time into this."

Sullivan was one of 20 competitors in the 10th annual event Jan. 26th. More than 250 people clamored in the church's function hall during the afternoon sampling various chili recipes and casting ballots for their favorite. Competitors prepared their chili at home and brought it to the church in slow cookers.

Bill Lugelle, last year's third place winner, received the second most votes.

"I'm getting better," he said, referring to his moving up into second place this year.

In third was another first timer, Lynda Southerland, with her chicken nacho chili.

She explained that her chili is a "deconstructed nacho bowl" — the chili topped with Fritos corn chips.

"You've got all ingredients you would get when you order nachos in a pub and it's made into a chili," Southerland said. "The Fritos represent the nachos and then there's sour cream, cilantro, and olives to make it more like a pub atmosphere all in a bowl."

Southerland was pleased with her first appearance at the cook-off.

"I'm a novice at this, but, I'm glad it's going so well," she said.

Sullivan said his chili is gluten-free and made from organic turkey, peppers, onions, fire roasted tomatoes, along with such spices as cumin, cayenne pepper, and finished with a little goat chili.

"I tell people if you can taste the ingredients at the end, it's saying hello," he said.

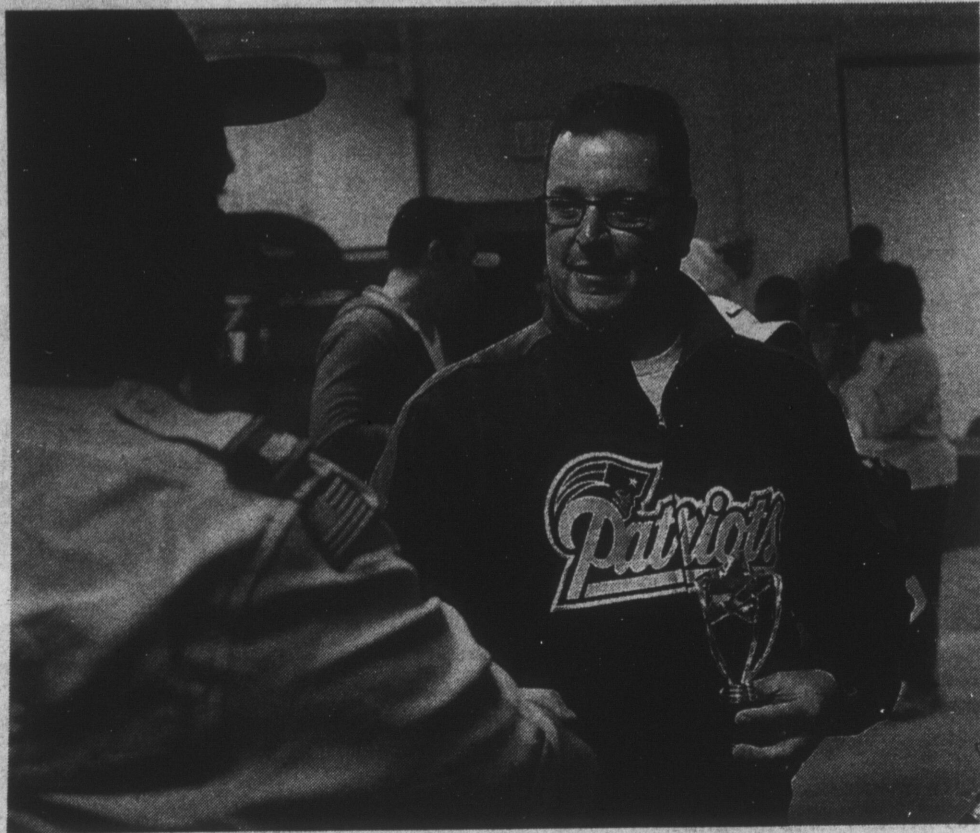
Sullivan said he enjoys sharing his chili.

"I take it personally," he said. "I like to make people happy. People are happy when they like good food. That's what brings everybody together."

Sullivan said this was the first time he entered his chili in a competition.

"This isn't my last," he said. "I have to defend my title next year."

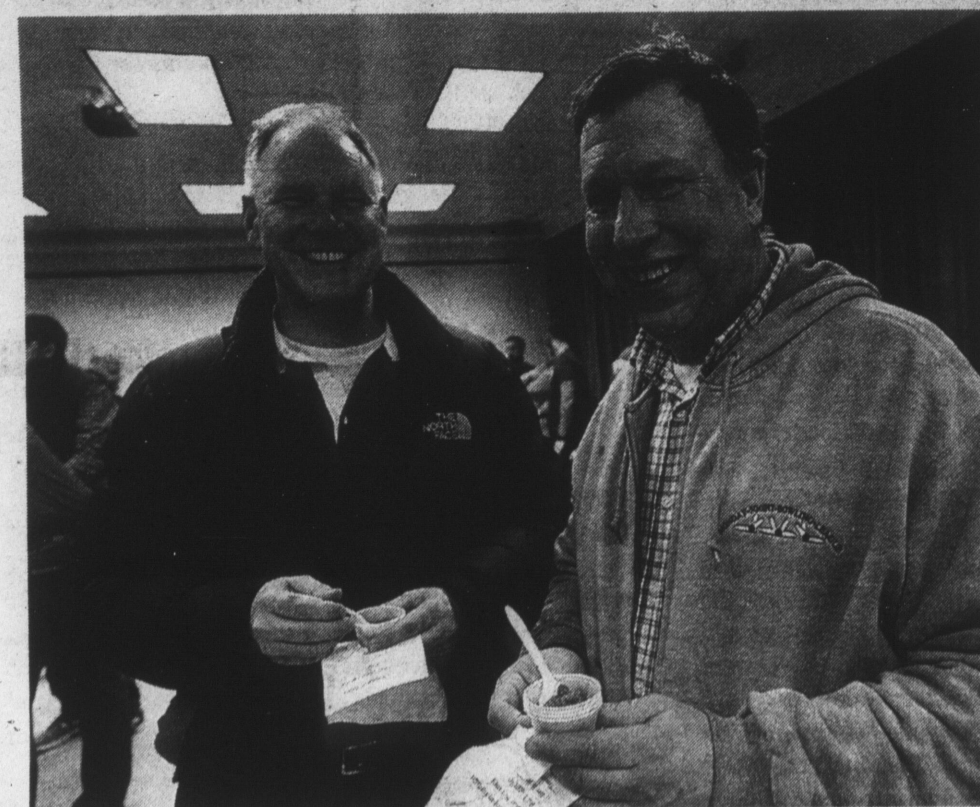
Wearing a chef's hat and apron, 10-year-old Justin Outer proudly served up his recipe. He is a member of the church's cub scouts and



SHAWN SULLIVAN is congratulated for his first place finish in the 10th annual Houghs Neck Congregational Church Chili Bowl Cook-off.



LYNDA SOUTHERLAND answers questions from Ryan Timcoe about her chili. She placed second in the competition.



BRIAN DANAHER, left, and Aubrey Hazner share a light moment as they sample the chili.

decided to take his first foray in the chili competition.

"I used two pounds of ground beef, beans, tomato paste, garlic and pepper," he said. "I added a little oil to the pot and waited and waited until it was finally ready. I had this cooking for an hour and 20 minutes. I really hoped people like it."

Nine-year-old Darian

Hockney is a three-year veteran of the event. A third grader at Atherton Hough School, she first entered the cook-off when she was in the first grade.

"This chili has ground beef, garlic, celery, peppers, Frank's hot sauce, chili beans, tomato juice and tomato sauce," she said.

Boy Scout Troop 6

member Kevin Toler used the recipe of his father and scout leader, John Toler.

"I started making this chili last night, woke up pretty early and cooked it mainly this morning," Kevin Toler said.

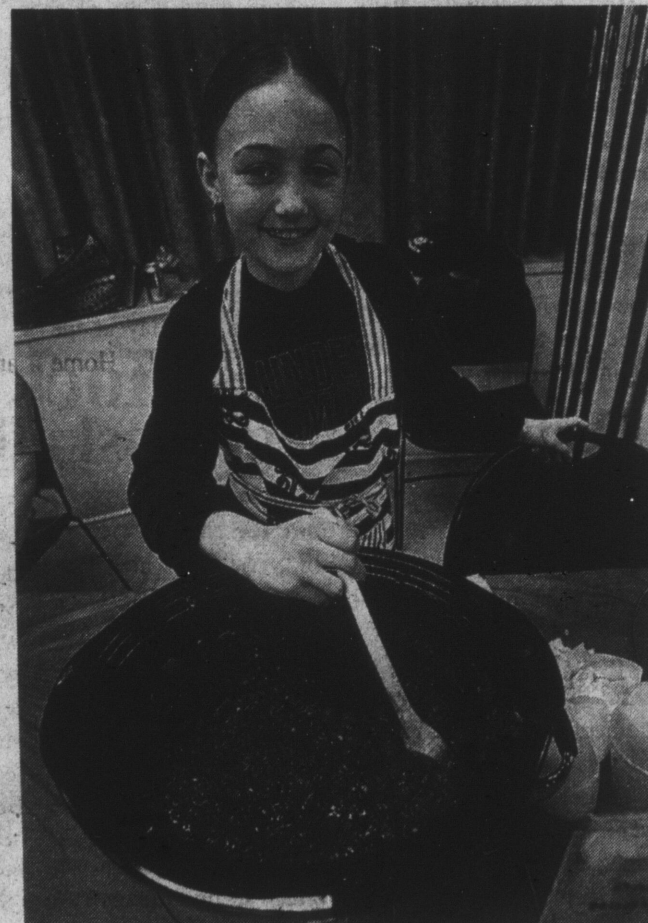
The concoction includes meat, beans, "a good amount of spices," and peppers. On

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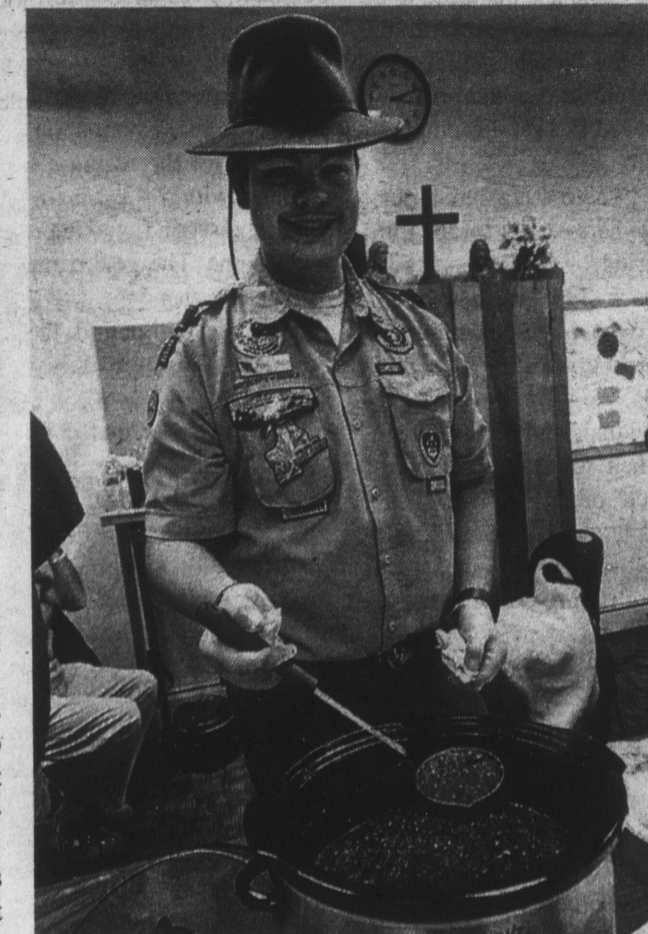


JUSTIN OUTER, 10, serves up his chili during the 10th annual Houghs Neck Congregational Church Chili Bowl Cook-off.

Quincy Sun photos/Tom Gorman



ATHERTON HOUGH SCHOOL third grade student Darian Hockney, 9, stirs her chili. She has been competing in the cook-off since first grade.



BOY SCOUT TROOP 6 member Kevin Toler serves up his chili recipe.

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Outpouring Of Support For Christopher McCallum

Cont'd From Page 1

McCallum was found injured the early morning of Sunday, Jan. 27 outside the Legion Post on Moon Island Road following a report of a large disorder. He was rushed to Boston Medical Center after being found unconscious and bleeding outside the post shortly after 1 a.m. Jan. 27. McCallum was treated at BMC before succumbing to his injuries the following afternoon on Jan. 28.

State Police detectives assigned to the Norfolk County District Attorney's office, are investigating the facts and circumstances surrounding the incident.

Anyone with information they believe may assist in the investigation is urged to contact detectives at 781-830-4990.

As of Tuesday afternoon when the Sun went to press there were no arrests in the case.

McCallum's passing saddened the community especially friends who knew the young husband and father from youth and high school football in Quincy.

McCallum was a 1992 graduate of North Quincy High School and served as a captain his senior year on

the 1991 Red Raider football team. He was inducted into the Quincy-North Quincy Football Hall of Fame in 2016.

"As a husband, father, friend, engineer, and teammate, Chris was the real deal," said Sean Glennon, a longtime friend and fellow NQHS Red Raider. "There was no role he didn't excel at and there was no chance he'd ever boast of it either. The night Chris was inducted into the Hall of Fame he spent most of his speech praising another inductee (Graham Chevry) who he had played against because it was never about Chris."

Ryan Craig, another friend and Red Raider head football coach, said:

"Chris McCallum was a great man. I have come across many people in my life and have never met a better person than Chris. As we all try and process what has happened to Chris and his family, please take a little time to say a prayer for them all, and if possible please donate what you can to help them out in this very difficult time."

Among those paying their respects at McCallum's wake Monday at the Keohane Funeral Home

were members of the North Quincy High School football team, staff and parents.

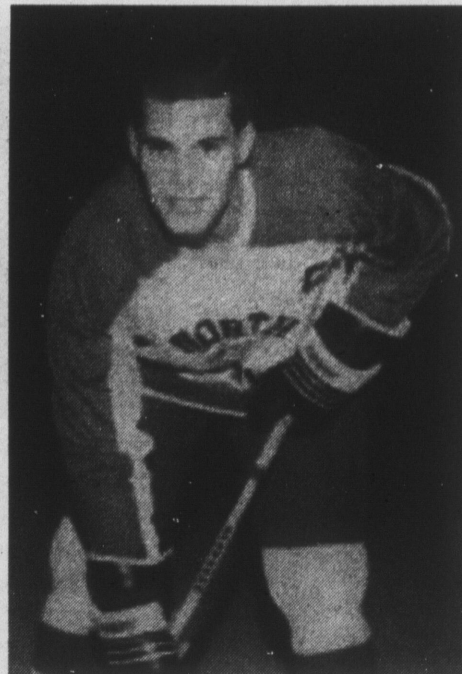
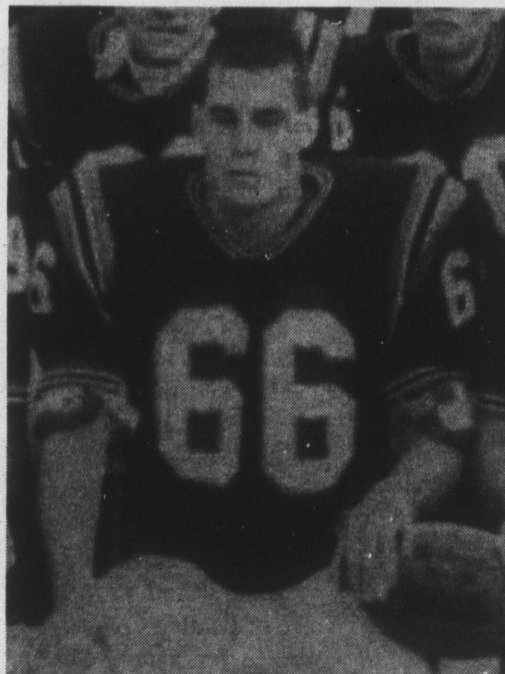
"Thank you to all of the football staff, team and parents that attended the wake of Chris McCallum today," Craig posted on Facebook Monday. "The team and school were well represented. I am very proud of the way our kids carried themselves with compassion and respect for Chris' family. His family was very appreciative that the team paid our respects in such a classy way."

"God Bless Chris and his family!"

McCallum was married for 20 years to his wife, Kathy (Doyle) McCallum, who is also originally from Quincy. They have three sons: Ryan, a junior at Bridgewater-Raynham High School; and 13-year-old twin boys, Michael and Christopher.

McCallum was also the captain of the 1991-1992 North Quincy hockey team. He played for the Squantum Sailors Youth Football team and after graduating NQHS played football for Mass. Maritime Academy from 1992-1995.

He graduated in 1996 and went on to work as an



CHRISTOPHER McCALLUM wore the number 66 as a member of the North Quincy Red Raiders. The 1992 NQHS graduate was inducted into the NQ Football Hall of Fame in 2016. The athletic McCallum also excelled on the ice and was captain of the 1991-1992 North Quincy hockey team.

Photos from Quincy Sun Archives

engineer.

To make a donation to the Chris McCallum Family Fund, visit: gofundme.com/chris-mccallum.

There is a link to make a donation to assist the family.

As of Tuesday afternoon, \$234,071 had been raised by donations from 1,936 people in six days for the McCallum family, according to the Go Fund Me website.

Also posted on the donation page is a message which appears below:

"In the early morning

of Sunday, January 27th, Christopher W. McCallum of Bridgewater, MA sustained a life-threatening head and brain injury while trying to break up a fight outside of the Nickerson Post in Quincy, MA. Chris was transported to Boston Medical Center where their trauma team worked tirelessly to try and save him but unfortunately, the injuries were too severe. Chris passed away Monday afternoon, Jan. 28th surrounded by his family and his closest friends. Chris was the quintessential good guy, passionately willing to help anyone

in need whenever possible. He was a fiercely devoted husband, father, son, brother, and friend. Also beloved by nieces and nephews, there was no audience that didn't see the overwhelming good in Chris from first blush.

"Chris worked tirelessly to provide for his family and the void he leaves is immense. Recognizing the family's long-term needs, prayer posts and well wishes are more than welcome on this go fund me page that we established to help Kathy and the boys grieve this tremendous loss."

Quincy College Basketball Notch Two Wins

Cont'd From Page 1

captain Jon DaVeiga who scored 22 points, Darius Hyppolite's 22 points, and guard Trahe Qualls 21 points.

Quincy College Granite Head Coach Doug Scott said he is impressed with Granite's continued success as the team "seems to be coming together at the right time of the year."

Quincy College Granite's Fred Smith continues to dominate play on the defensive end with 24 rebounds and 10 blocked shots for a true team effort to come away with the tough road

win.

On Feb. 2nd, Quincy College Granite returned to home court at Lahue Gym on Eastern Nazarene College's campus for a challenging game against Massachusetts Bay Community College (8-17). Bridgewater-Raynham star Darrius Hyppolite turned in one of his best performances of the year scoring 32 points to lead the Granite over 500 for the first time this season.

Trahe Qualls, Fred Smith, Jon DaVeiga and Cam Mason complemented Hyppolite with an offensive attack to help the Granite

cruise to a 104 - 85 victory.

Coach Scott praised the defensive efforts of Qualls, Smith and Dave Canavan who combined for 27 rebounds between them for a solid defensive effort. A strong bench performance led by Ramy Chebbo, Deon Bell and Claudy St. Jean helped round out a satisfying week of Region 21 NJCAA play for Quincy College Granite.

Quincy College enters a tough week as the playoffs loom near as they face a powerful group of Region 21 playoff contenders. They played Bristol Community

College (21-2) on Tuesday and will travel to Springfield Technical Community College Thursday that could potentially have a huge impact on the Granite 2019 playoff chances.

Quincy College Granite's regular season play concludes Monday, Feb. 25th.

Quincy College Granite home games are free and open to the public. View the full schedule of Quincy College Granite games including home games played at Eastern Nazarene College's Lahue Gym: quincycollege.edu/granite.

Quincy Access Television
88 Washington Street
Quincy, MA 02169

QATV

Public Access Channel 8
Thursday, February 7
6:00pm: Bethany Congregational Church
Friday, February 8
11:30am: LIVE: Currently in Quincy
2:00pm: Sizzling Hot Jazz: Winkler Jazz Trio
Saturday, February 9
1:00pm: NQ vs. Charlestown Girls Basketball
2:30pm: NQ vs. Hanover Girls Basketball
Sunday, February 10
7:00pm: NQ vs. Charlestown Girls Basketball
8:30pm: NQ vs. Hanover Girls Basketball
Monday, February 11
11:30am: LIVE: Currently in Quincy
7:00pm: Eye on Quincy (replay)
Tuesday, February 12
7:30pm: Quincy in Focus
Wednesday, February 13
6:00pm: Good News

www.qatv.org
617-376-1440
617-376-1441

Government Access Channel 9
Thursday, February 7
12:00pm: City Council/Finance/Ordinance 2/4
8:30pm: At Your Library: February Happenings
9:30pm: Mayor Koch's State of the City Address
10:30pm: AM Quincy: License Board Update
Friday, February 8
9:30pm: At Your Library: February Happenings
Saturday/Sunday, February 9/10
11:00am: At Your Library: February Happenings
12:00pm: City Council/Finance/Ordinance 2/4
5:30pm: Mayor Koch's State of the City Address
7:00pm: City Council/Finance/Ordinance 2/4
Monday, February 11
6:30pm: FYI: QHD Seasonal Flu
7:00pm: QHD TV Production Workshop 2018
Tuesday, February 12
9:00pm: AM Quincy: License Board Update
Wednesday, February 13
6:30pm: FYI: QHD Verlog
7:00pm: Good Deeds: Quarterly Update
7:30pm: At the Library Concert: Marc Berger
8:00pm: Mayor Koch's State of the City Address

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

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OBITUARIES

Diane Nessar, 83

A memorial Mass for Diane O'Neil Nessar, age 83, will be celebrated May 15 in Quincy.

Mrs. Nessar died peacefully Jan. 1 in Quincy.

Everyone loved her. Mrs. Nessar was always ready to tutor a struggling student, create a wedding veil, or teach computer skills. She was one of twelve siblings that included ten sisters and two brothers. Her parents, Daniel and Julia O'Neil, would make Boston's Easter parade an endearing tradition. The family marched on Commonwealth Ave. each year in identical outfits sewn for the girls by their mother. The brothers, oldest and youngest, book ended the group. O'Neil family pictures appeared in publications across the nation including Life Magazine, The New York Times, The Boston Globe, and The Boston Herald. The ten O'Neil sisters performed in many singing and dancing engagements including the Today Show with Dave Garraway and a show with the legendary Ed Sullivan.

On graduating from Blessed Sacrament High School in Jamaica Plain, Mrs. Nessar entered the convent of the Sisters of Charity in New Jersey. As Sister Daniel Marie, she taught second grade for many years. She then earned a master's degree and was an instructor at St. Elizabeth College in New Jersey.

After thirteen years she left the order and moved to Brookline with her family. She taught elementary school in Brockton, where she met her husband to be, Patrick Paul Nessar, a teacher (Stoughton High). They married in 1969 and had a wonderful life together as educators. The Nessars also owned thoroughbred racehorses, a passion they both shared. They lived in Hyde



DIANE NESSAR

Park, Boston and Boca Raton, Fla. They traveled to the Mideast and many European countries in search of roots.

Mr. and Mrs. Nessar were married for 44 years until his death in 2013. She continued to live in Boca Raton, Fla., and returned to Quincy for the last years of her life.

She is survived by seven sisters, Maureen Cloonan of Sagamore Beach, Evelyn Kiley of Squantum, Virginia O'Neil of Jamaica Plain, Julie O'Neil of Cambridge, Danielle McGreal of Marshfield, Frances Cummings of Boca Raton, Fla., and Mary June Hanrahan of Milwaukee. Predeceased by brothers, Capt. Lawrence O'Neil of Augusta, GA, and Daniel O'Neil of St. Petersburg, FL; two sisters, Jane Deery of Quincy and Barbara Wampole of South Boston. She will also be missed by her loving brothers-in-law, many nieces, nephews, and dear friends.

Thanks to all the staff of Atria of Marina Place Assisted Living in Quincy for the loving care and attention given to Mrs. Nessar. The family also thanks the Pat Roche Hospice Home in Hingham for giving her peaceful and prayerful care.

Interment at Pine Hills Cemetery, Quincy, to be announced.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Loreen C. Ricciuti, 58

A funeral Mass for Loreen Carolyn "Lori" Ricciuti, age 58, was celebrated Tuesday in St. Helen's Church, Norwell.

Mrs. Ricciuti died Jan. 30 after a courageous battle with breast cancer.

She was raised in Waverly and Pocasset, and lived in Norwell for the past 23 years. She is survived by her husband John, and three sons, Joseph, Peter and Jack.

Mrs. Ricciuti was a graduate of Bentley College and worked for many years in the computer information systems business. She was a consultant and partner for CSC Partners in Wellesley and subsequently worked for Fidelity Investments in Boston for over 20 years in a variety of capacities.

Mrs. Ricciuti will also be remembered by her sister Barbara Walton of Franklin, NH, brother Larry Carlson



LOREEN C. RICCIUTI

of Nahant, brother Kevin Carlson of Watertown, brother-in-law Michael Ricciuti and his wife Maureen of Milton, sister-in-law Natalie of Quincy, and brother-in-law Christopher and his wife Annette of Summit, NJ. She has enjoyed and cherished her 11 nieces and nephews.

Interment at Stetson Meadow Cemetery, Norwell.

Funeral arrangements were made by Sullivan Funeral Homes.

Margaret A. Borowko

A funeral Mass for Margaret A. (Crozier) Borowko of Hingham was celebrated Monday in Church of the Resurrection, Hingham.

Mrs. Borowko died Jan. 29.

She was raised and educated in North Quincy and lived in Hingham for many years.

In her early years, she worked as a librarian at the Thomas Crane Library in Quincy, and was instrumental in the opening of the medical library at Carney Hospital in Boston. She was fiercely devoted to her family and happiest when her home was filled with those she loved. Mrs. Borowko will be remembered for her sense of humor and quick wit.

Beloved wife of the late Julian J. Borowko. Devoted mother of Stephen Borowko of Hingham, Paul Borowko of Hingham, Jonathan Borowko and his wife Deb-



MARGARET A. BOROWKO

ra of Oxford, Amy Borowko and her husband Todd of Belmont and the late David Borowko. Loving sister of Patrick Crozier of Milton and the late William, Paul and James Crozier and Mary O'Neill. Cherished Nana of Meriel and Janson Borowko. Also survived by many nieces and nephews.

Interment at High Street Cemetery, Hingham.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Antonietta DiGiusto, 89

A funeral Mass for Antonietta "Ann" (DiCroce) DiGiusto, age 89, a longtime Quincy resident, was celebrated Feb. 2 in St. John the Baptist Church, Quincy.

Mrs. DiGiusto died Jan. 29 in the comfort of her home, surrounded by her loving family.

She was born in Anversa degli Abruzzi, Italy, to the late Alfonso and Mafalda (D'Eramo) DiCroce. She immigrated to the United States at the age of 19, settling in Quincy.

Arriving in Quincy as a young woman, Mrs. DiGiusto, who was a teacher in Italy, learned the English language and taught herself to sew. She was a dedicated mother and homemaker but became a talented and accomplished seamstress, making clothes for family and friends. She was especially proud to have made her daughter Claudia's wedding dress, as well as one for her daughter-in-law, Debra.

Mrs. DiGiusto enjoyed a creative life, as she loved her garden and painting. She was an early advocate for healthy living and actively participated in yoga, walking, and swimming.

Mrs. DiGiusto and her late husband, Jim, enjoyed music and ballroom dancing. Together, they were longtime active members of St. John the Baptist Church in Quincy and both served as extraordinary ministers.

Mrs. DiGiusto enjoyed her summer home in Falmouth and trips to Old Silver Beach. She was an excellent cook and loved to spend time with and entertain family and friends. Most of all, her passion was for her family, especially her cherished grandchildren and great-grandchildren, supporting all their many activities and accomplishments.

Beloved wife for sixty-six years of the late James DiGiusto. Devoted mother of Steven P. DiGiusto and his wife Debra of Hingham, Mark J. DiGiusto and his wife Linda of Billerica, David A. DiGiusto and his wife



ANTONIETTA DIGIUSTO

Regina of Braintree, Deborah DiGiusto Roussinos and her husband Don of Braintree, and the late Claudia M. Ahola and her former husband Robert of Sandwich.

Loving grandmother of Kevin Ahola and his wife Lynn of Winchendon, Julie DiMartino and her husband Nick of Braintree, David Ahola and his wife Priya of MD, Sherrill Anne Keenan and her husband Matthew of Weymouth, James DiGiusto and his wife Jaime of Halifax, Danielle DiGiusto, Michelle DiGiusto both of Peabody, Earl Hersam of ME, Lisa Herrmann and her husband Geoffrey of Braintree, Julie Kuselias and her husband John of Quincy, Stephen DiGiusto and Emily DiGiusto, both of Braintree, and Andrew Roussinos and his fiancée KK Behan of Southborough. Cherished great-grandmother of Anthony, Jake, Charlie, Joe, Diya, Taj, Kira, Molly, Zachary, Domenic, and Clara. She was also great-grandmother of the late James Morrison DiGiusto.

Dear sister of Maria Rannalli and her late husband Gino of Braintree and Lucia Fasano and her husband Nick of Braintree. Also survived by many nieces and nephews.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the Alzheimer's Association, 309 Waverley Oaks Rd., Waltham, MA 02452.

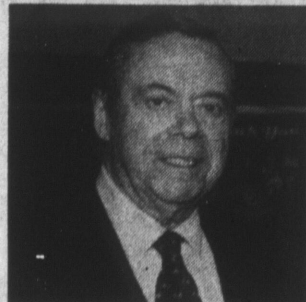
In Loving Memory
On Your 10th Anniversary
February 10, 2009



Peggy Leary

Missed and loved so much by
Jack, Jack & Pattie, Ed & Simone,
Meg & Chris, Tricia & Brian
& grandchildren

In Loving Memory of
Henry W. Bosworth, Jr.



10th Year Anniversary
February 7, 2009

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will always be in our hearts.

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Sadly missed by your family.

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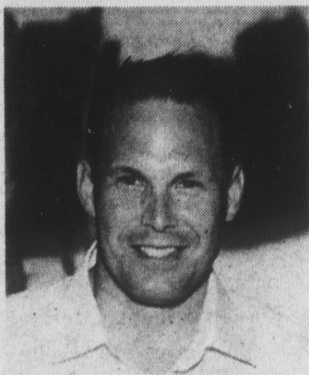
Christopher W. McCallum, 44

A funeral Mass for Christopher W. "Chris" McCallum, age 44, of Bridgewater, formerly of Quincy, was celebrated Tuesday in Sacred Heart Church, Quincy.

Mr. McCallum died Jan. 28 at Boston Medical Center.

Born in Boston, he was raised in Squantum and attended local schools. Mr. McCallum graduated from North Quincy High School in 1992 and was a graduate of the Massachusetts Maritime Academy with a BS in engineering and MS in facilities management. Mr. McCallum worked in the energy industry as a principal consultant. His most recent assignment was with Lummus Consultants International in Canton. Prior to joining Lummus, Mr. McCallum worked for NextEra Energy Resources where he held the position of operations manager and chief engineer. His peers wrote "Chris was a bright, dedicated and articulate engineer who always had a smile on his face. He went out of his way to help friends, family and colleagues throughout the industry whenever he could. It was an honor and a privilege to be clients, classmates and friends with such an exceptional individual."

Mr. McCallum focused all of his spare time on his family and close friends. His wife and children were his first priority and he loved them more than anything. Mr. McCallum has three sons and always made sure



CHRISTOPHER W. MCCALLUM

to spend time, doing what they enjoyed. With Ryan, they had football and sports, with Michael their focus was music and with Christopher, they loved to ice skate and swim. Just a few weeks ago, Mr. McCallum and a friend made an ice rink in his neighborhood bringing his family and community together.

Growing up, Mr. McCallum loved to play sports and his love for sports continued through adulthood. In high school he played football and was recently inducted into the North Quincy Football Hall of Fame. Mr. McCallum also enjoyed coaching youth football and was honored to coach his son's teams prior to High School. Mr. McCallum was the type of person that would drop everything to help someone. Mr. McCallum was handy and always ready to lend a hand whenever the opportunity presented itself, typically the first person to show up and help. He carried an infectious smile and had a cheerful and upbeat personality. He truly cared about

and lived his life in service to others. Mr. McCallum was loving, selfless, genuine and protective. His life was most fulfilled while caring for his family and friends. He took much delight in doting on his parents, father and mother-in-law, wife and children.

Mr. McCallum was the beloved husband of Kathleen E. "Kathy" McCallum. The two met in 1993 and later married on Sept. 26, 1998, at Sacred Heart Church in Quincy. Together they shared 20 loving years of marriage. He was the devoted father of Ryan, Michael and Christopher McCallum, all of Bridgewater. He was the loving twin brother of William "Billy" McCallum and his wife Lauren of Squantum and the loving brother of Lori Hardiman and her husband Chuck of Holbrook. Mr. McCallum was a cherished son of William and Catherine (Bullock) McCallum of Quincy and a cherished son-in-law of James and Maureen Doyle of East Falmouth. He is also survived by many loving nieces, nephews and devoted friends.

Private interment.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Autism Speaks, 1060 State Rd., 2nd Floor, Princeton, NJ 08540 or gofundme.com/chris-mccallum-family.

Lawrence F. Ford, 55

A funeral Mass for Lawrence F. "Larry the Painter" Ford, age 55, of Quincy, formerly of Milton, was celebrated Wednesday in St. Agatha Church, Milton.

Mr. Ford died peacefully Jan. 31 after a brief and courageous battle with cancer, surrounded by his loving family, under the wonderful care at South Shore Hospital.

He was born and raised in Milton and was a graduate of Milton High School, Class of 1981, where he earned a certificate of proficiency in commercial art. Mr. Ford later earned an associate degree in advertising, art and design in 1988 from the Blue Hill Regional Technical School. He had lived in Quincy for twenty-three years, previously in Milton.

Mr. Ford was employed as a union painter with Local #1138 for many years and for the past three years had enjoyed working as a painter at the Marina Bay Skilled Nursing and Rehabilitation Center in Quincy where he made many new



LAWRENCE F. FORD

friendships.

He had also worked for the A. Monti Granite Company and for the James Clarence Canniff, Jr. Monument Company, both in Quincy, applying gold leaf to many monuments. Mr. Ford was proud to have done the gold leafing on the Korean War Memorial outside Quincy's Veterans' Memorial Stadium on Hancock Street as well as the Elk's Monument from Lodge 943 on Quarry Street.

Mr. Ford was a talented and gifted artist. He had a wonderful sense of humor and a heart of gold. He loved The Three Stooges, the His-

tory Channel, and midnight snacks. Most of all, Mr. Ford was dedicated to his family and especially to his wife and children, supporting all their many activities and accomplishments.

Beloved husband for twenty-two years of Maureen A. (Marr) Ford. Devoted father of Paul E. Ford and Julia P. Ford, both of Quincy. Cherished son of M. Joyce (Tegan) Ford of Milton and the late Paul E. Ford.

Loving brother of Albert Ford of Boston, Catherine Barrett of Watertown, Mary Anne McLellan and her husband Scott of Raynham, Timothy Ford and his wife Debbie of Milton, Denise Ready and her husband Richard of Pembroke, and Amy Warren and her husband Steve of Quincy. Also survived by many nieces and nephews.

Interment at Milton Cemetery.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Carolyn Lyons



CAROLYN LYONS

and if she really loved you, she would say "you damn fool."

Ms. Lyons touched the life of everyone she met with her sense of humor and incredible dance moves. She will be greatly missed by everyone that knew her.

Daughter of the late Joseph F. Sr. and Ethel (Thompson) Lyons. Loving sister of Marjorie Donovan

and her husband Joseph of Dorchester, Joseph F. Lyons, Jr. of Quincy and the late John Lyons, Virginia Lyons, Doris Lauzon, Arlene Kraus, Joanne Lyons, Rhoda Tewksbury, Barbara Keith, and Jean Taglieri. Honorary mother of Jennifer Blanchet, her husband Raymond and their children of Pawtucket, RI. Lifelong best friend of Shirley Grispi of FL. Also survived by many beloved nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Cummings School of Veterinary Medicine at Tufts University, Office of Development and Alumni Relations, 200 Westboro Rd., North Grafton, MA 01536.

Donald H. Spink, Sr., 87

A funeral service for Donald H. Spink, Sr., 87, of Quincy was held Feb. 2 in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Spink died Jan. 28 at South Shore Hospital in Weymouth following a brief illness.

He was a lifelong resident of Quincy, son of the late Harold and Ethel (Heath) Spink. A 1949 graduate of Quincy High School, he served overseas as a corporal in the United States Army during the Korean War. Following his military service, he worked for many years as a sheet metal fabricator for S.H. Couch in Quincy.

Mr. Spink was an avid, fleet-footed, and talented dancer who loved music and melodically carried a tune into his later years. He enjoyed walking throughout the city and traveling to new places. Mr. Spink was



DONALD H. SPINK, SR.

known as a keen practical joker. He loved animals, but especially his beloved dog Ginger and his cat, Ms. Annabelle Star. Don cherished the time he spent with his large extended family.

Mr. Spink was the beloved husband and childhood sweetheart of the late Louise (Gordon) Spink, devoted father of Donald

Spink, Jr. of Quincy, and Jim Spink and his wife Joanna Poole of Arlington. He was a loving, proud, and devoted grandfather to Sophie and Elyse Spink. Papa Mr. Spink was often seen leading the parade, enjoying the tea party, and joining in any and all games with his granddaughters. He was brother to seven late siblings: Harold, Stanley, Robert, Raymond, and Wilbur Spink, Doris Barnard, and Luna Clements. He missed his brothers and sisters dearly. He is also survived by many nieces and nephews.

Private interment at a later date.

Memorial donations may be made to the Alzheimer's Association MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452 alz.org or Animal Umbrella, 150 Main St., Peabody, MA 01960.

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OBITUARIES

Joseph V. Fallon, 78

A Mass of Christian Burial for Joseph V. Fallon, 78, of Quincy was celebrated Wednesday in Sacred Heart Church, Quincy.

Mr. Fallon died Feb. 2 following a short illness.

He was the devoted husband of the late Sandra E. (Hasting) Fallon who died in 1989.

Raised in Roxbury, Mr. Fallon was a son of the late Margaret E. "Marmie" (O'Donnell) and the late Edward T. Fallon, Sr. He graduated Boston English High School in 1958 before enlisting in and serving his country with honor as a member of the U.S. Army's 82nd Airborne division in Korea during the war in Vietnam.

He was an active honorary life member of the Robert I. Nickerson Post #382 of



JOSEPH V. FALLON

the American Legion, where he represented the post over many years as a delegate at the state and national conventions. Also a member of the William R. Caddy Detachment of the Marine Corps League. Past 3rd degree knight, Knights of Columbus.

Dear brother of Elizabeth "Beth" Furgal of Quincy and the late Edward T. Fallon, Jr. He is survived by nephews Craig Furgal of Lynn, Mark Furgal of Brockton, and by his niece and Goddaughter, Jennifer Hickey and her husband Jimmy of Woonsocket, RI. Also survived by great

nieces and nephews, cousins, extended family and many good friends, including his dear cousin Henry "Hank" Bradley of Quincy.

Interment with Military Honors at Massachusetts National Cemetery, Bourne.

Funeral arrangements were made by Hamel-Lydon Chapel and Cremation Service, 650 Hancock St., Quincy.

Memorial donations may be made to the Robert I. Nickerson Post #382 Scholarship Fund, 20 Moon Island Rd., Quincy MA 02171.

Phyllis E. Baylis, 79



PHYLLIS E. BAYLIS

as the dining room manager at the Allerton House in Hingham for over twenty years. She was still employed at the time of her passing and loved

her job and the many friendships she developed over the years. As a young woman, she had worked many years at the former South Shore Bank in Quincy.

Most of all, Mrs. Baylis was dedicated to her family, and especially to her cherished grandchildren, supporting all their many activities and accomplishments.

Beloved wife for fifty-seven years of John E. Baylis. Devoted mother of John M. Baylis and his wife Maria of Pembroke, Steven P. Baylis, Captain, Quincy Fire Dept. and his wife Karen of Quincy, Michael J. Baylis and his wife Rose of Quincy. Loving grandmother of Jordan, Alexandra, Bradyn, Bryanna and Brooke. Dear sister of Barbara A. Blaney and her husband Robert of Quincy and the late Joseph C. Pagnano. Also survived by many nieces and nephews.

Funeral from the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, Thursday at 9 a.m. Visiting hours at the funeral home Wednesday 4 to 8 p.m.

Interment at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in memory of Phyllis may be made to the Dana Farber Cancer Institute, Memorial Contributions, P.O. Box 849168, Boston, MA 02284-9168.

A funeral Mass for Phyllis E. (Pagnano) Baylis, age 79, a lifelong Quincy resident, will be celebrated at 10 a.m. Thursday in Holy Trinity Parish at the Most Blessed Sacrament Church, Quincy.

Mrs. Baylis died peacefully Feb. 2 at the Tufts Medical Center in Boston, surrounded by her loving family.

She was born in Quincy to the late Joseph and Eileen (Haskins) Pagnano. Raised in Quincy, she was a graduate of Quincy High School, Class of 1957, and was a longtime member of the Most Blessed Sacrament Church in Houghs Neck.

Mrs. Baylis was employed

Agnes M. Hogan, 98



AGNES M. HOGAN

A funeral Mass for Agnes M. (Martin) Hogan, age 98, of Quincy was celebrated Feb. 1 St. John the Baptist Church, Quincy.

Mrs. Hogan died Jan. 28.

Born in Coteau-Station, Quebec, where she was raised and educated. She lived in New York State, but resided in Quincy for the majority of her life.

A devoted wife, mother, grandmother and great-grandmother, Mrs. Hogan was the beloved wife of the late Paul W. Hogan; mother of Jane Holdredge (Charles), West-erly, RI, Donna Rines, Quincy, Mary Bonish, Randolph,

Patricia Massey, Mansfield,

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z18-84

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing on Tuesday, February 26, 2019 at 7:15 PM in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Jon Bertoni for a Special Permit/Flood Plain/Finding to replace the existing 2.5 story single family home and construct a new 2.5 story single family home with accessible entrance on the right hand side in violation of Title 17 as amended Chapter 3.4.5 (nonconforming single and two family structures) and Chapter 8.0 (special permit flood plain) on the premises numbered 51 PAWSEY STREET, QUINCY.

To consider additional information from the Quincy Conservation Commission.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/7/19, 2/14/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-4

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing on Tuesday, February 26, 2019 at 7:15 PM in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Minh Van for a Variance/Finding to demolish the existing single family home and construct a new single family home with 2-car garage in violation of Title 17 as amended Chapter 3.4.5 (nonconforming single and two family), Chapter 4.0 (dimensional requirements) and Chapter 5.1.8 (parking requirements) on the premises numbered 334 QUARRY STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/7/19, 2/14/19

LEGAL NOTICE

As required by the State of Maine, and by Title 23M.R.S.A. s1301, Swiss Time in Portland, Maine wishes to advise Heather Cook of Quincy, Mass. that she has 30 days to retrieve and pay in full for the repairs she left with us in 2014. 1/24/19, 2/7/19

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO19P0110EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
James J. Vey, Jr.
Date of Death:
November 29, 2017
To all persons interested in the above captioned estate, by Petition of:
Petitioner Diane E. Vey of Quincy, MA.

Diane E. Vey of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

2/7/19

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO19P0063EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Frank Ferriero
Date of Death:
November 13, 2018
To all persons interested in the above captioned estate, by Petition of:
Petitioner Frank E. Ferriero of Tewksbury, MA.

a Will has been admitted to informal probate. Frank E. Ferriero of Tewksbury, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

2/7/19

More obituaries online at:
thequincysun.com

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-5

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing on Tuesday, February 26, 2019 at 7:15 PM in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Joanne Lannon Realty Trust for a Variance to allow the transfer of 2,880 square feet of land to the abutter for parking and other residential purposes in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 10 OAK STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/7/19, 2/14/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-6

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing on Tuesday, February 26, 2019 at 7:15 PM in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**, on the application of Habit Opco, LLC for a Special Permit/Finding to operate a medical clinic and alter pre-existing nonconforming parking in violation of Title 17 as amended Chapter 9.4 (special permit) and Chapter 3.5 (nonconforming) on the premises numbered 39 BROAD STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/7/19, 2/14/19

FEB

7

2019

Quincy Point Congregational Church

The public is welcome to worship at Quincy Point Congregational Church, 444 Washington St. with Rev. Kimberly Murphy.

Worship and Sunday school is every week at 10 a.m. Bus service is available on Sundays from 1000 Southern Artery. The church is accessible to all with designated accessible parking and an elevator, just enter via the Abbey Road side of the building.

After worship there will be fellowship, coffee and light refreshments in the Social Hall. While there, visit the Big Blue Q table to sign the birthday and thinking of you cards. More information about what is happening at the church is also available or visit <https://www.quincypointcong.org/> or check us on Facebook (@QPCCOffice), or Twitter (@quincypointcong).

"BE MY LOVE" - Love Songs Concert will be held Saturday, Feb. 9 at 7 p.m., with David Won, tenor and

Timothy Steele, piano in the sanctuary at QPCC. The night will feature favorite music from film, Broadway, and opera, including Bernstein, Mahler, Puccini and more.

Tickets can be purchased at Eventbrite.com, by calling 617-773-6424 or on any Sunday after worship during coffee hour. Tickets: \$15, students; \$7.50; and children under 5 free.

Feb. 10 after worship (about 11 a.m.) all are invited to the parlor on the office level of the church for the Second Sunday Series Adult Education Program with guest speaker Betty MacIntyre, the South Shore director of NAMI - The National Alliance on Mental Illness. She will provide information on how people can either get the mental health support they or people they love need. Handouts will be available on a variety of mental health topics.

RELIGION

Houghs Neck Congregational

The Sunday morning worship service starts after the bell is rung by Carson and Lenny Jacobs.

Liturgist, Jake Gordon will welcome and call to worship. Pastor Steve Vandergrift will lead the service and preach his sermon.

Susan Stimpson and Robert Rheault will serve for the Diaconate. Steve Reed, minister of music will direct the choir.

First Baptist Church

Sunday morning worship begins at 10:30 a.m. at The First Baptist Church of Wollaston (FBCW), 81 Prospect Ave., Quincy. All are welcomed to the fellowship and coffee hour.

Prior to the worship service is the Bible Class in the Chapel at 9:15 a.m.

For the Vietnamese-speaking group, Pastor Hong Duc Pham leads a Vietnamese Bible class at 9 a.m. on Sunday.

Pastor David Choi will preach his sermon, "Pray

Following the service a fellowship coffee hour is hosted by Nancy Jacobs. Everyone is welcome.

Thursday at 7 p.m. yoga will be held in the coffee room. Amy Ross is leader. Bring a mat, water and \$5. Saturday the Princess Tea takes place in Fellowship Hall in two sessions: 10 a.m. to noon and 1:30 to 3:30 p.m. Reservations are required. Email hnc@comcast.net.

with Thanksgiving." (2 Thessalonians 1: 3-4.)

A fellowship hour of conversation and refreshments in the chapel will follow the service.

The church office is open from 10:30 a.m. to 5 p.m. Tuesday, Thursday, and Friday. For more information call 617-472-0824 or visit the church website www.FirstBaptistChurchOfWollaston.org for updates and activities.

All areas of the church are handicap accessible.

OBITUARY

Russell F. Knight, 88

A memorial service for Russell Fenwick Knight, 88, a lifelong Quincy resident, will be held at 1 p.m. on Feb. 16 in the First Church of Squantum.

Mr. Knight died Jan. 30 following a period of declining death.

Loving husband of the late Christine (Ostlund) Knight. Devoted father of Russell "Rusty" Knight and his wife Maureen of Squantum, Greg Knight and his wife Debbie of Squantum and Jeannie Kurtz and her husband Arthur of Warwick, RI. Dedicated grandfather of Ryan and Ian Knight of Ft. Lauderdale, FL and Andelaine and Arthur Kurtz of RI. He was preceded in death by his twin Freddy Knight as well as his other siblings Paul Knight, Eleanor Collins, Alice Beagon and Lydie Holms. Also survived by many nephews and extended family.

North Quincy High



RUSSELL F. KNIGHT

School graduate of 1948. Mr. Knight joined the Army and fought in the Korean War. He was a truck driver for the former Gilman Brothers and was a member of Teamsters Local 25 and a member of the Nickerson Post #382 of the American Legion. Mr. Knight was a lifelong Red Sox, Patriots and Bruins fan.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service, 650 Hancock St., Quincy.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic
St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm; Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ Air-Conditioned

St. John The Baptist ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday, 8:30 AM & 11:00 AM
Sunday night, 5:00 PM
Weekday Masses
Wed., Fri., and Sat. 8:00 AM
Confessions
Wed. 8:30 - 9:00 AM
Sat. 2:30 - 3:30 PM
Handicapped Accessible

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 & 10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169 • 617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses:
Mon., Tues., & Thurs. 9a.m.
CONFESSIONS: Saturday, 2:30-3:30 pm
Handicapped accessible & Handicapped parking, side entrance
Air-conditioned

Holy Trinity Parish
Come and Worship!
Most Blessed Sacrament Church
1031 Sea St.
WEEKDAY MASSES
9:00AM Tuesday and Thursday
WEEKEND MASSES
4:30 PM Saturday and 8:30 AM Sunday

Our Lady of Good Counsel Church
237 Sea St.
WEEKDAY MASSES
9:00AM Monday and Wednesday
WEEKEND MASSES
6:00PM Saturday and 10:30 AM Sunday
CONFESSIONS: 3-4PM Saturday
Rev. Martin Dzengelski- Pastor
Phone: 617-479-9200
EMAIL: holytrinityquincy@gmail.com
WEB: www.holytrinityquincy.com

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
Sunday Worship Service at 10 a.m.
Pastor Stephen Vandergrift will lead the service and preach his sermon
All are welcome to attend
FELLOWSHIP COFFEE HOUR FOLLOWING SERVICE

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongregationalchurch.org
Sunday Worship Service at 9:30AM

Rev. Patrick McCorkle
will be preaching his sermon

ALL ARE WELCOME!
Fellowship following the service
Church is handicap accessible

Quincy Point Congregational Church
United Church of Christ
444 Washington St.
(617) 773-6424
www.quincypointcong.org
Sunday Worship and Sunday School at 10 am
Elevator Access via Abbey Rd
Rev. Kimberly Murphy, Pastor
Rachel Hallenbeck, Minister of Music
Angelina DeCristofaro, Youth Dir.

Wollaston Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Inclusive Family Worship at 10 a.m.
Elizabeth J. Williams
Pastor
617-773-7432
www.wollastonucc.org

Unitarian Universalist
United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service & Church School:
Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Church of Christ
CHURCH OF CHRIST IN MILTON
330 Edge Hill Rd.,
Milton, MA 02186 • 617-274-2409
www.churchofchristinmilton.org
Maurice Davis, Minister
SUNDAY WORSHIP
8AM, 11AM and 6PM
Sunday Bible Study 9:45AM
Tuesday Bible Study 11:00AM
Wednesday Bible Study 7:00PM
3rd Friday - Couples 7:30PM
4th Friday - Youth 7:30PM

To Advertise in this Directory, Call 617-471-3100

Christian Science
First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099

Sunday Services and Sunday School
10:30 a.m.
Wednesday Evening Meetings - where testimonies of healing are shared
7:30 p.m.

ALL ARE WELCOME!

Nazarene
Wollaston Church of the Nazarene
Come Join Us For Sunday Worship!
8:00 AM Worship Service (Holy Communion & Liturgy)
9:00 & 11:15 AM Weekly Small Groups
10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Rev. Keutner, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617.472.5669
email: office@wcnaz.org
www.wollastonnazarene.org

Methodist
QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Rebecca E. Baumann

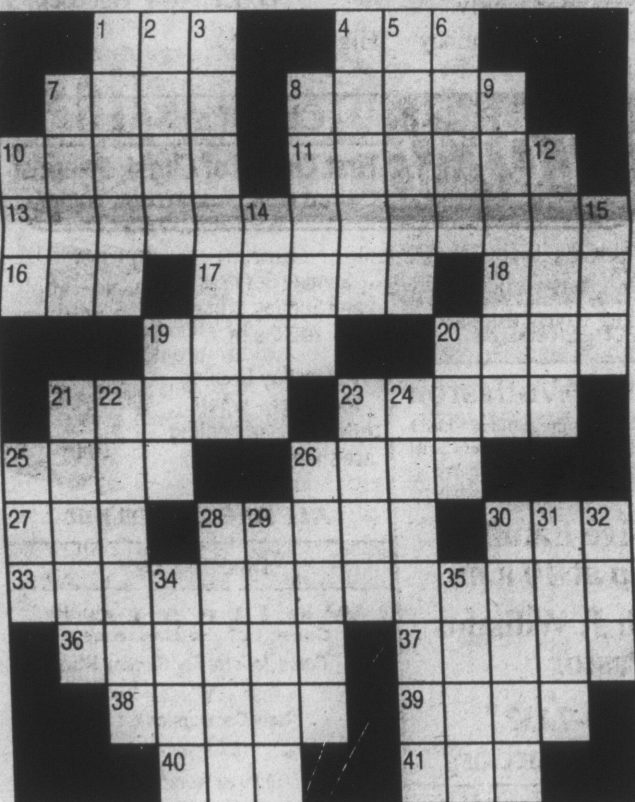
Salvationist
THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

Non-Denominational
LIGHTHOUSE FELLOWSHIP
65 Newbury Ave., N. Quincy
Worship & Children's Church 10am
Pastor Mike Fehan
617-847-4444
Mid-week studies & youth group
mjfehan@gmail.com

SUN FUN PAGE

King Crossword

- ACROSS**
- 1 Sleuth, slangily
4 Pod dweller
7 Crafty
8 Equilibrium
10 Overuse the mirror
11 Motor
13 Fee for work done
16 Officeholders
17 Break a Commandment
18 Sphere
19 Diminish
20 Small blister
21 Milky stones
23 Young turkey
25 Profess
26 Science work-shops
27 Pooch
28 Paris river
30 Cleopatra's
- slayer
33 Navy, with "The"
36 Seriously loyal
37 Madagascar critter
38 Surrounds
39 Thing
40 CSA boss
41 Affirmative action?
- DOWN**
- 1 Layers
2 Ht.
3 Sneeringly doubtful
4 — de Leon
5 Square dance
6 Europe's neighbor
7 Small songbird
8 Annoyance
- 9 Sign up
10 Greek letter
12 Heron's kin
14 Swindles
15 Recede
19 "This means —!"
20 Urban transport
21 Egg-shaped
22 Pirate costume feature
23 Sheet of glass
24 Ohio college
25 Billboards
26 Rosters
28 Sleep soundly?
29 Chopin piece
30 Picked a target
31 Pond gunk
32 Apiece
34 Satan's forte
35 Kill a bill



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MAGIC MAZE • "DEM DRY BONES"

DEBXUROKLI EBYVS
QNNKHEENBYWTROL
J(SHOULDER)GEBYWL
URPNSKA E KIGDBEZ
XVSQONEUTMKIIGE
CAYWUAHSTCQKPLN
LJHFEPGOCIEKCAB
AYXVUSIQJZRNPEN
MKJHFEHHEWCINHN
BZYXVUTOOFJHPOT
RQPOMLKITHGSESC

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Ankle Foot J.W. Johnson Spiritual
Back Head Knee Thigh
Connected Heal Neck Toe
Ezekiel Hip Shoulder

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Lady's hat is different. 2. Boy is smiling. 3. House window is different. 4. Stone wall has become a fence. 5. Mom's collar is different. 6. Mom's nose is changed.

Trivia test

1. LANGUAGE: What does the Greek suffix "stasis" mean in English?
2. GEOGRAPHY: How many continents are in the world?
3. INVENTIONS: Who invented the nuclear reactor?
4. TELEVISION: In what year did "Monday Night Football" debut?
5. FOOD & DRINK: What was the original name of the breakfast cereal Cheerios?
6. LITERATURE: Where did the Grinch live in Dr. Seuss' book "How the Grinch Stole Christmas"?
7. U.S. PRESIDENTS: Which president was the first to campaign by tele-

- phone?
8. MOVIES: Which was the setting for the musical "South Pacific"?
9. PSYCHOLOGY: What fear is represented in the condition called logophobia?
10. GENERAL KNOWLEDGE: Which animal is the symbol of the World Wildlife Fund?

Answers
1. Standing still
2. Seven
3. Enrico Fermi
4. 1970
5. Cheerioats
6. Mount Crumpit
7. William McKinley
8. WWII
9. Fear of words
10. The giant panda

Wishing Well®

3 7 5 3 2 3 8 7 4 6 3 8 2
S A L O T L T L C A I H A
3 2 4 5 3 7 2 6 2 4 8 2 3
T K E O U O E B I L E N D
4 2 5 4 6 3 7 8 5 8 3 2 8
E I T B E E V W S A I T Y
4 3 6 7 5 8 2 8 4 5 7 2 7
R S T E O I I S A F A A F
8 2 3 4 8 7 2 4 5 8 4 6 8
C T O T L F I E G E L T A
6 2 5 8 6 8 5 2 5 8 3 4 3
E V R R R E E E E D K I A
5 4 6 7 3 4 6 4 7 4 7 6 6
N V L A Y I I N I G R F E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Some unsettling facts about a past situation could come to light. And while you'd love to deal with it immediately, it's best to get more information to support your case.

TAURUS (April 20 to May 20) A straightforward approach to a baffling situation is best. Don't allow yourself to be drawn into an already messy mass of tangles and lies. Deal with it and move on.

GEMINI (May 21 to June 20) Don't be discouraged or deterred by a colleague's negative opinion about your ideas. It could actually prove to be helpful when you get around to finalizing your plan.

CANCER (June 21 to July 22) Ignore that sudden attack of "modesty," and step up to claim the credit you've so rightly earned. Remember: A lot of people are proud of you and want to share in your achievement.

LEO (July 23 to August 22) A financial "deal" that seems to be just right for you Leos and Leonas could be grounded more in gossamer than substance. Get an expert's advice to help you check it out.

VIRGO (August 23 to September 22) Don't ignore that suddenly cool or even rude attitude from someone close to you. Asking for an explanation could reveal a misunderstanding you were completely unaware of.

LIBRA (September 23 to October 22) Unless you have sound knowledge, and not just an opinion, it's best not to step into a family dis-

pute involving a legal matter, regardless of whom you support. Leave that to the lawyers.

SCORPIO (October 23 to November 21) An awkward situation presents the usually socially savvy Scorpion with a problem. But a courteous and considerate approach soon helps clear the air and ease communication.

SAGITTARIUS (November 22 to December 21) A calmer, less-tense atmosphere prevails through much of the week, allowing you to restore your energy levels before tackling a new challenge coming up by week's end.

CAPRICORN (December 22 to January 19) Your approach to helping with a friend or family member's problem could boomerang unless you take time to explain your method and how and why it (usually!) works.

AQUARIUS (January 20 to February 18) Someone who gave you a lot of grief might ask for a chance for the two of you to make a fresh start. You need to weigh the sincerity of the request carefully before giving your answer.

PISCES (February 19 to March 20) Too much fantasizing about an upcoming decision could affect your judgment. Better to make your choices based on what you know now rather than on what you might learn later.

BORN THIS WEEK: You have a way of seeing the best in people and helping them live up to their potential.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: N equals W

NRAL W MATPJL NRJ'P TAMSHQLK
QP BTDSH EASWLORJSH, HJD
EQKRB OWSS RQE W CAPMJLCALB
TAPMJLCALB.

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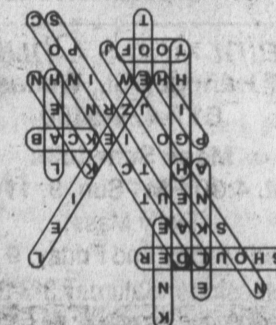
King Crossword

Answers



Magic Maze

ANSWERS:



CryptoQuip

When a person who's replying is truly melancholy, you might call him a despondent.

FEB

7

2019

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- "Isn't It Romantic," which stars Rebel Wilson and Adam Devine, has a lot going for it. It opens on Valentine's Day and also stars newlyweds Liam Hemsworth (who wed Miley Cyrus on Dec. 23) and Priyanka Chopra (who wed Nick Jonas on Dec. 1). But in the film, Hemsworth is vying for Rebel Wilson's affection against Adam Devine, and Priyanka Chopra plays a yoga ambassador. Two newlyweds in one film ... Isn't That Romantic? Chopra, a former Miss World, also stars in the Hindi-language film "The Sky Is Pink," while new hubby Jonas has "Chaos Walking," with "Spider-Man" Tom Holland and Daisy Ridley, who is filming the third movie in the current "Star Wars" trilogy (due March 1). That's followed by the \$100 million remake of the film epic "Midway," with Woody Harrelson, Aaron Eckhart and Patrick Wilson, landing Nov. 8. Last year's best-supporting Oscar winner, Mahershala Ali (for "Moonlight"), who also won awards for "Green Book," was cast by "Titanic" producer/director James Cameron in the \$200 million cyberpunk action film "Alita: Battle Angel" (directed by Robert Rodriguez). It also stars Oscar-winners Jennifer Connelly and Christoph Waltz (in theaters Feb. 14).

Stellan Skarsgard, a star of

"Mamma Mia" and its sequel, "Here We Go Again," is the father of eight children (seven sons and a daughter). Skarsgard said, "Eight is enough," and had a vasectomy. His film "The Man Who Killed Don Quixote" arrives March 29. Four of his sons are actors: Emmy and Golden Globe "Big Little Lies" winner Alexander (42), formerly "Tarzan," is next seen in "The Hummingbird Project," with Jesse Eisenberg and Salma Hayek (due March 15). Brother Gustaf (38) stars in HBO's "Westworld"; Bill (28) starred in "It" and stars in the sequel, "It: Chapter Two" (out Sept. 6). Valter (23), stars in the horror film "Lords of Chaos" (opening Feb. 15), along with Rory Culkin (29), brother of McCauley and Kieran Culkin, and Jack Kilmer (23), son of Val Kilmer. Can the other four Skarsgards siblings to be far behind?

Ben Affleck returns to the big screen March 15 in "Triple Frontier," with Oscar Isaac, Charlie Hunnam and Garrett Hedlund, and the upcoming films "The Last Thing He Wanted," with Anne Hathaway, and "Torrance," with Al Madrigal ("The Daily Show"). Affleck took two years off to get his love life under control ... he's back just in time for Valentine's Day!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **
* Moderate ** Difficult
*** GO FIGURE!

	x		-		7
+		÷		x	
	-		x		6
x		x		-	
	x		+		11
9		10		12	

1 2 2 4 5 6 7 8 9
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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Valentine's Cards --- Valentine's Day in school in the 1940s and 1950s meant a celebration with cards delivered to a student's desk or a decorated box on the teacher's desk. Sweet treats -- especially the small, hard candy hearts printed with special messages -- also were popular. Like today, there were concerns that some students would not get many, or receive cards that are unkind, or none at all. So, stores sold packages of valentines, enough for a class. A popular brand found at the dime store offered a box of "25 Valentine cutouts, all different, One for Teacher, 29c all with envelopes." Handwritten Valentine notes were used in America by the 1740s. In the 1840s, fancy envelopes with paper lace and cut out pictures were made and sold in Massachusetts by Esther Howland. In the 1890s, clever mechanical cards with moving parts were popular. From 1900 to the 1920s, postcards were favored. Today, the 1950s die-cut Valentines sell for less than a dollar to \$15. Older, lacy cards can sell from \$20 to \$100. There are two clubs and shows with information: the National Valentine Collectors Association and the Greeting Card Association.

Q: My mother saved "soakies," the plastic bottle that held shampoo or bubble bath about 25 years ago. They were shaped like bottles with people or animal heads. She bought them to use the soap and thought they would later become popular collectibles, like milk bottles. Where are they being sold?
A: Soakies were popular as

collectibles for a very short period of time in the late 1990s, and a few rare ones did sell for about \$100. But the bottles were free and there still are a few used as packaging. Price is determined by supply and demand. There is a big supply and almost no demand. It is a suggested hobby that often doesn't attract collectors. Glass milk bottles were not popular with bottle collectors until the rarer earlier bottles became very expensive. Today a colored milk bottle or one with a war slogan or famous dairy name are the only ones selling for more than a few dollars. Collectors also search for the old round cardboard bottle caps, which sell for 25 cents to a few dollars each to go with the bottles.

CURRENT PRICES
Folk art, whimsy, woman, on horse, red shirt, green skirt, articulated, c. 1900, 9 x 8 1/4 inches, \$60.
McKee glass, berry bowl, dragon, 1 x 4 inches, \$110.
Advertising sign, half horse, half dolphin, horse's head, dolphin tail, sheet metal, white, red, black, 28 x 32 inches, \$350.
Grooming kit, men's travel set, sterling silver, Gillette razor, brush, soap box, shaving brush and toothbrush holder, W. Kerr, c. 1900, \$895.

TIP: Aluminum chairs and other brushed aluminum from the 1950s can be cleaned with a silver polishing paste or a metal cleaner.

For more collecting news, tips and resources, visit www.Kovels.com

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Strange BUT TRUE

* It was Henry Brooks Adams, American historian and descendant of two U.S. presidents, who made the following sage observation: "They know enough who know how to learn."
* Spanish explorers named California after a mythical island of Amazon women ruled by a warrior queen named Califa.
* Though an electric eel is born with the ability to see, by the time it becomes an adult it is blind. This lack of sight is not a hindrance, though; the fish uses electricity to create an image of its surroundings in much the same way that we use radar. The electricity also is how the electric eel kills its prey, producing a 600-volt shock -- five times more powerful than the shock you might receive from a household outlet.
* You might be surprised to learn that Philadelphia-brand cream cheese was originally made in New

York.
* With 1.45 million lightning strikes per year, Florida experiences more lightning than any other state in the country. Though it's not a tagline you'll see in any tourism brochures, Central Florida is unofficially known as the Lightning Capital of the World.
* In 1811 and again in 1812, earthquakes caused the Mississippi River to temporarily reverse course.
* If you're of a certain age and facing up to wrinkles, you might be interested to learn that, according to the American Academy of Dermatology, one of the top causes of skin wrinkles is your habitual sleeping position. Rounding out the top five contributing factors are sun exposure, gravity, smoking and facial expressions.

Thought for the Day:
"Only two things are infinite, the universe and human stupidity, and I'm not sure about the former." -- Albert Einstein

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Now here's a tip!

by Jo Ann Derson

* "Kids do love their sneakers, but sometimes when a kid loves his sneakers too much and wears them every day, those sneakers don't love the family back. In short, they stink. We filled a pair of socks with a mix of the crystal kitty litter and the detergent-boosting beads that smell so good. At night, Junior takes his sneakers off and stuffs these mock socks inside. The litter absorbs moisture, and the beads leave them smelling pretty good." -- D.D. in Missouri
* "For a clean look in our bathroom, we use clear pump bottles for shampoo, conditioner and body wash. I refill them as needed, and it's so much nicer than having 10 different partially filled bottles in the bathtub." -- R.B. in North Carolina
* It's time to brush your shoes! Give white canvas shoes a makeover with a toothbrush and plain (not

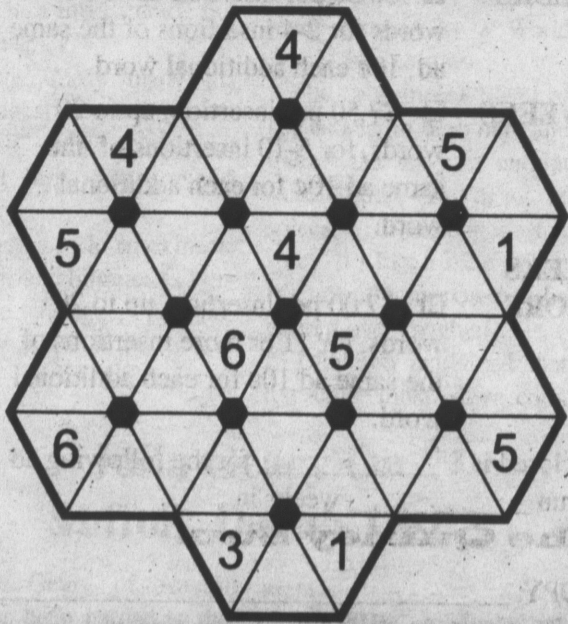
colored) toothpaste. Use the toothbrush to apply the toothpaste and scrub stained areas. Wait five minutes and wipe away with a damp white rag. You should see an improvement.
* We ladies don't always think to do it, but you should wipe down the exterior of your purse daily.
* To get lift and body in your hair, use a volumizing spray at the roots, and then use your brush to lift the hair up while giving it a shot with a blow dryer.
* "In cold winter months, keep your robe (and slippers or whatever else) under the covers with you when you sleep. Pull them next to or over you a few minutes before you get up. It'll be toasty and will help make the transition into the cold a little less harsh." -- B.M. in New York

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

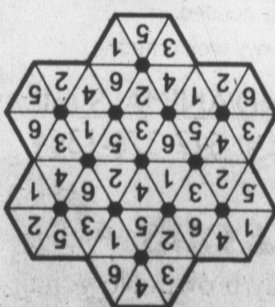
See if you can translate the following into a common saying:

"Those of certain avian species whose diurnal habits take place at the beginning of the earth's rotation cycle are more apt to procure the lumbricus terrestris."

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SNOWFLAKES

solution



Stickelers Answer

The early bird catches the worm.

Go Figure! answers

	12		10		6
11	6	+	5	x	1
	-		x		x
6	2	x	4	-	7
	x		÷		+
7	9	-	8	x	2

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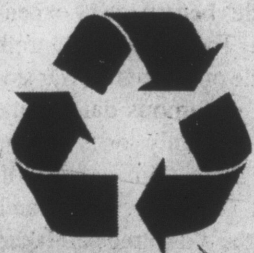
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J.D.

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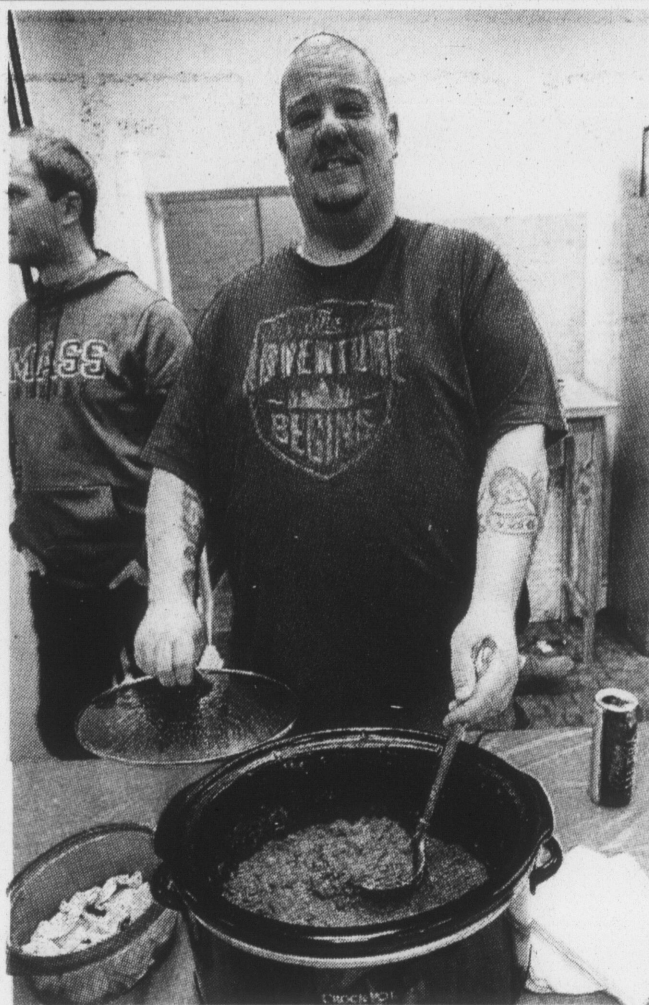
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TONY PEDERSON offers his chili for sampling at the recent Houghs Neck Chili Cook-Off.



DOUG CAREY spoons a sample of his chili at the Houghs Neck Chili Cook-Off.



BILL DAHLGREN prepared "Slim's Chili," a recipe handed down from a World War II soldier.

First-Timer Wins Houghs Neck Chili Cook-Off

Cont'd From Page 22

the side were a variety of hot sauces and cheese.

"I put out hot sauces and cheese in case people wanted to add that," he said.

Toler is not a stranger at the event, having served as a volunteer in the past.

"Last year I was in the kitchen working, but I like this a lot more," he said.

John Toler added that the recipe was "scaled back" spice-wise for the event, explaining that he likes it hot.

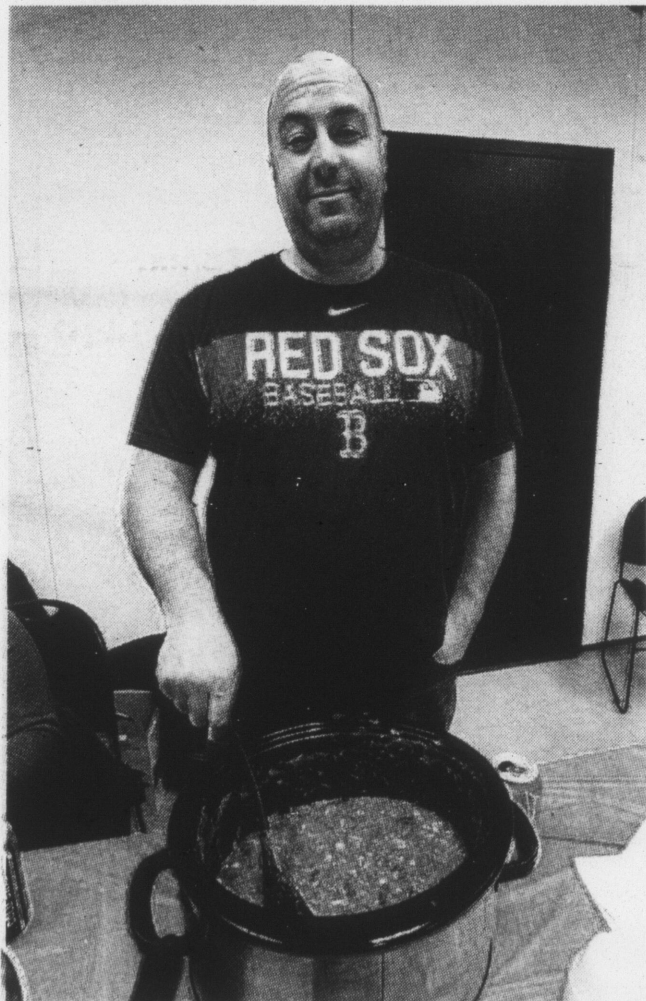
Three of Troop 6's patrols competed in the cook-off. Calvary Saber came out on top with Darth McNugget in second place and Patriotic Eagle in third. The church sponsors the troop.

This is Tony Pederson's third year at the cook-off. His chili's main ingredient is seared short ribs instead of ground beef — cut in small chunks. Six different chilis are also in the mix.

"It's Mexican mole inspired," he said. "It's very earthy, kind of a fruity profile to it, a little smoky, but not too spicy."

Doug Carey made his first appearance with "a basic chili" recipe made with ground beef, peppers and spices.

"I add a little smokiness, I use ground linguica (a Portuguese sausage)," he said. "I slow cook it for a few hours."



BILL LUGGELLE placed second in the cook-off.

Bill Dahlgren's creation is "Slim's Chili," a recipe made famous by a World War II foot soldier.

"It's a complex blend of spices and an herb here and there," the six-year entrant said. "There are a lot of spices in there, but it's not spicy. It's like a meat sauce. It's actually supposed to be poured over spaghetti."

Dahlgren explained that the chili must slow cook

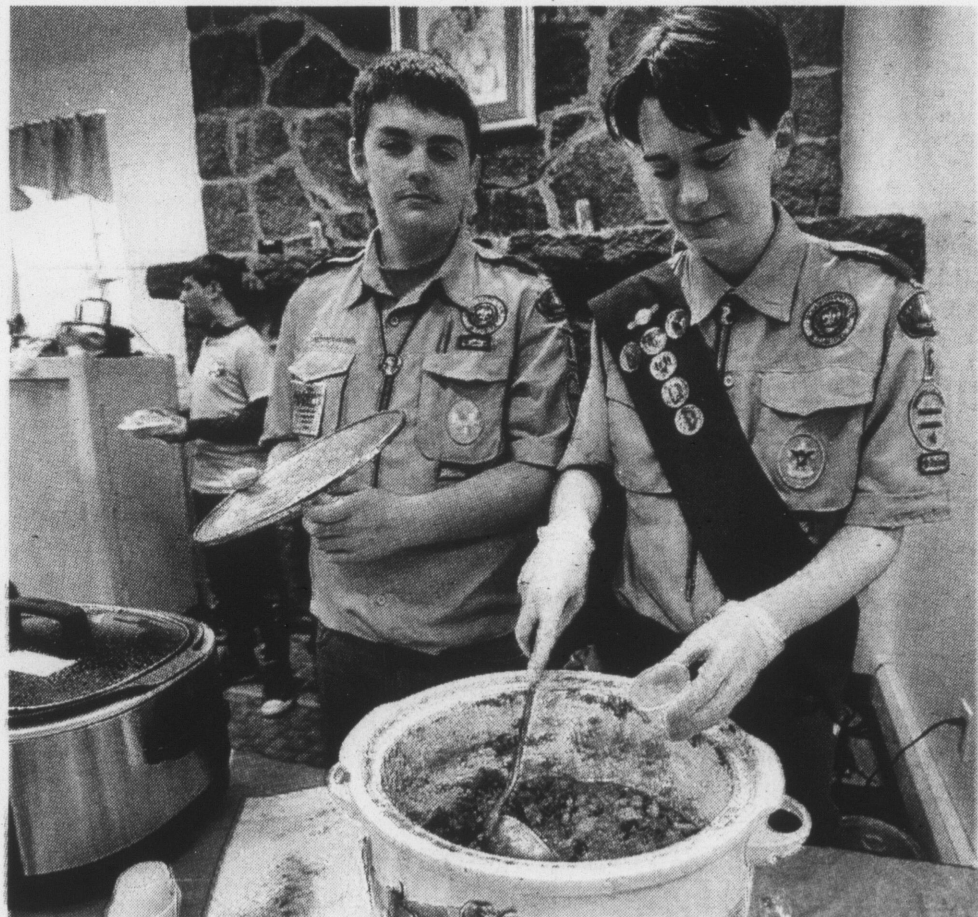
overnight.

"I made it on Friday morning and let it steep overnight — that's important," he said. "The next morning, I warm it up and all those flavors blend together. It's smooth and mellow."

Cook-off Chairwoman Pam Craig said there were no restaurant entries this year and that the focus was on individuals.

Each visitor pays \$5 to sample the chilis. The competitors are not charged. The event benefits the upkeep of the church and its programs. Craig noted that many of the entrants ran out of chili.

"We have a bigger crowd every year," she said. "It's fun. The kids can come. It's something to do in the winter."



BOY SCOUT TROOP 6 members Alex Rheault, left, and John Thomas Malvesti serve samples of their chili.

Quincy Sun photos/Tom Gorman

Julia Geary On Suffolk Dean's List

Julia Geary of Squantum has been named to the Dean's List for the fall semester at Suffolk University in Boston.

Geary is a freshman studying theatre manage-

ment.

A 2018 graduate of Archbishop Williams High School, Julia is the daughter of Maureen and Bill Geary of Squantum.



ENJOYING THE Houghs Neck chili cook-off are, from left, Amy McAndrew, Jeff Craig, Timothy McAndrew and Tara Galligan.



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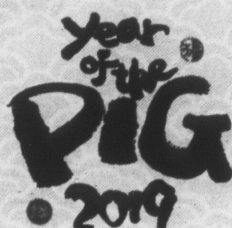
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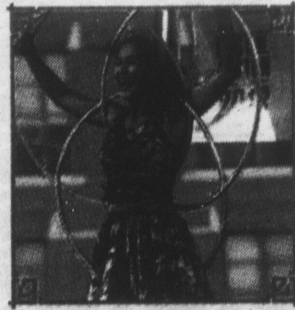
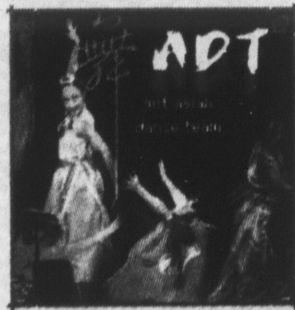
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